



2017 RISM QS Division Surveyor Social Event

Healthy Lifestyle Awareness Workshop (FOC/Complimentary from QS Division)

Maximum of 60 registrations on a first come first serve basis for RISM Registered Members only!



Killer Cardio

SET 1

- JUMP ROPE 1 Minute
- HIGH KNEES 1 Minute
- BUTT KICKS 1 Minute
- JUMPING JACKS 1 Minute
- BURPEES Do 20

RUN 10 MINUTES

SET 2

- JUMP ROPE 1 Minute
- HIGH KNEES 1 Minute
- BUTT KICKS 1 Minute
- JUMPING JACKS 1 Minute
- PUSH UPS Do 10
- TRICEP DIPS Do 10

RUN 10 MINUTES

SET 3

- JUMP ROPE 1 Minute
- HIGH KNEES 1 Minute
- BUTT KICKS 1 Minute
- JUMPING JACKS 1 Minute
- MOUNTAIN CLIMBERS 1 Minute
- BURPEES Do 20

RUN 10 MINUTES

Congratulations!
Now go drink a lot of water

Date : 25 November 2017 (Saturday)
Time : 10.45 am (10.15 am for registration)
Venue : Crossfit Pahlawan
 R-05, 3rd Floor, Citta Mall
 Jalan PJU 1A/48
 PJU 1A, Ara Damansara
 47301 Petaling Jaya

Closing Date: 22 November 2017 (Wednesday)



The Program will be :-

Briefing/ Talk

1. Current issues in Malaysia's Lifestyles
2. How to practice healthy lifestyle
3. How to eat right
4. What exercise program suits one lifestyle
5. How to exercise effectively
6.and many more....

Introducing of basic exercises

Workout 1

1. Squats, push ups and other movements in gymnastics element
2. Weightlifting elements using barbell, kettle bell and medicine ball
3. Cardio elements like running and rowing

Workout 2

Participants will be introduced to the medium and high intensity workout program which includes the combination of exercise from cardio, gymnastics and weight lifting elements.

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Programme :

- 10.15am : Registration
- 10.45am : Briefing / Talk
- 11.45am : Break
- 12.00pm : Workout 1
- 12.30pm : Break
- 12.40pm : Workout 2
- 1.10pm : Cooling Down
- 1.30pm : Dismiss

Attire : Sport Wears and Sport Shoes

REGISTRATION

Name : _____

RISM Membership No : _____

Company Name : _____

Address : _____

Contact No : _____

Kindly complete the above form and fax to 03-7955 0253 or email to qsdiv@rism.org.my.

Should you have any further enquiries, please contact Ms. Vanitha at 03-7955 1773.

