

# ■ THE MOUNT EVEREST CHALLENGE



**FOX FITNESS**  
TRAINING

- *Mount Everest is the highest point of elevation in the world.*
- *A permit to climb costs a minimum of \$50,000 American, and the waiting lists extend for years!*
- *Now you can "Stand on Top of the World" in exchange for a few extra pounds of body fat!*

Milestones:

START: The North Side Base

**Base Camp 1: Rongbuk Glacier**  
3.2 Miles / 17 000 Feet / 1595 Floors

**Base Camp 2: Changtse**  
3.8 Miles / 20 000 Feet / 1876 Floors

**Base Camp 3: The North Col**  
4.4 Miles / 23 000 Feet / 2158 Floors

**Base Camp 4: The North Ridge**  
4.8 Miles / 25 345 Feet / 2378 Floors

**Base Camp 5: The Final Push**  
5.1 Miles / 26 928 Feet / 2526 Floors

**The FINAL SUMMIT**  
5.5 Miles / 29 035 Feet / 2724 Floors



**-WELCOME TO THE TOP  
OF THE WORLD!-**

Date	Activity	Duration	Resistance	Distance/Total
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				

The Summit

The Final Push

The North Ridge

The North Col

Changtse

Rongbuk Glacier

The North Side Base

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## ☆ Instructions:

- *"Everest is a cinch, inch by inch"*: Record each cardio workout. Add up the total distance traveled in your workouts, and correlate your progress to the milestones along the way.

## ☆ Recruit a Climbing Partner...and let the race begin!

- Consider teaming up with a climbing partner or a climbing group.
- Motivate each other to race to the top of the summit!
- The fastest real life ascent of Mount Everest was by Hans Kammerlander: 16 hrs and 45 min.
- How fast can you climb Mount Everest? Try to beat your record!

## ☆ The Top Ten Signs You've Chosen a Bad Climbing Partner\*

1. They routinely greet the climbing group by asking "I wonder who'll die today?"
2. What at first appears to be their backpack, is actually a golf bag.
3. They claim to be an expert with knots, but can't keep their own shoelaces tied.
4. They think a "carabiner" is someone who lives in the Caribbean.
5. Their best "finger hold" was when they slammed their fingers in a car door.
6. Commands such as "Slack!" or "Tension!" must be prefaced with "Wake Up Already!"
7. They confuse stopping to "take a breather" with lighting up a cigarette.
8. They proclaim, "Map schmap...you can see the top from here!"
9. You can hear them sliding down the mountain, asking "which hand is my braking hand?!"
10. They grab your butt and shout, "If we get stranded, we can live off this for a week!"

## ☆ Your Cardio Activity Options:

- The StepMaster
- Walking or Jogging on a Treadmill at a high incline
- Hiking (use a pedometer to measure distance)

## ☆ For Maximal Fat Loss:

- Perform cardio when blood sugar levels are lowest, such as
  1. First thing in the morning on an empty stomach, or
  2. Immediately following a resistance training workout.

## ☆ Want Firmer Calves?

- Try calf toning intervals:
  1. Climb for 2 minutes
  2. Spend the next 2 minutes climbing on the balls of your feet - keeping your heels elevated.
  3. Repeat!

*To print out more copies of this program, visit [www.FoxFitness.ca](http://www.FoxFitness.ca)*

\*Top Ten List applied from various materials at [www.mnteverest.net](http://www.mnteverest.net)