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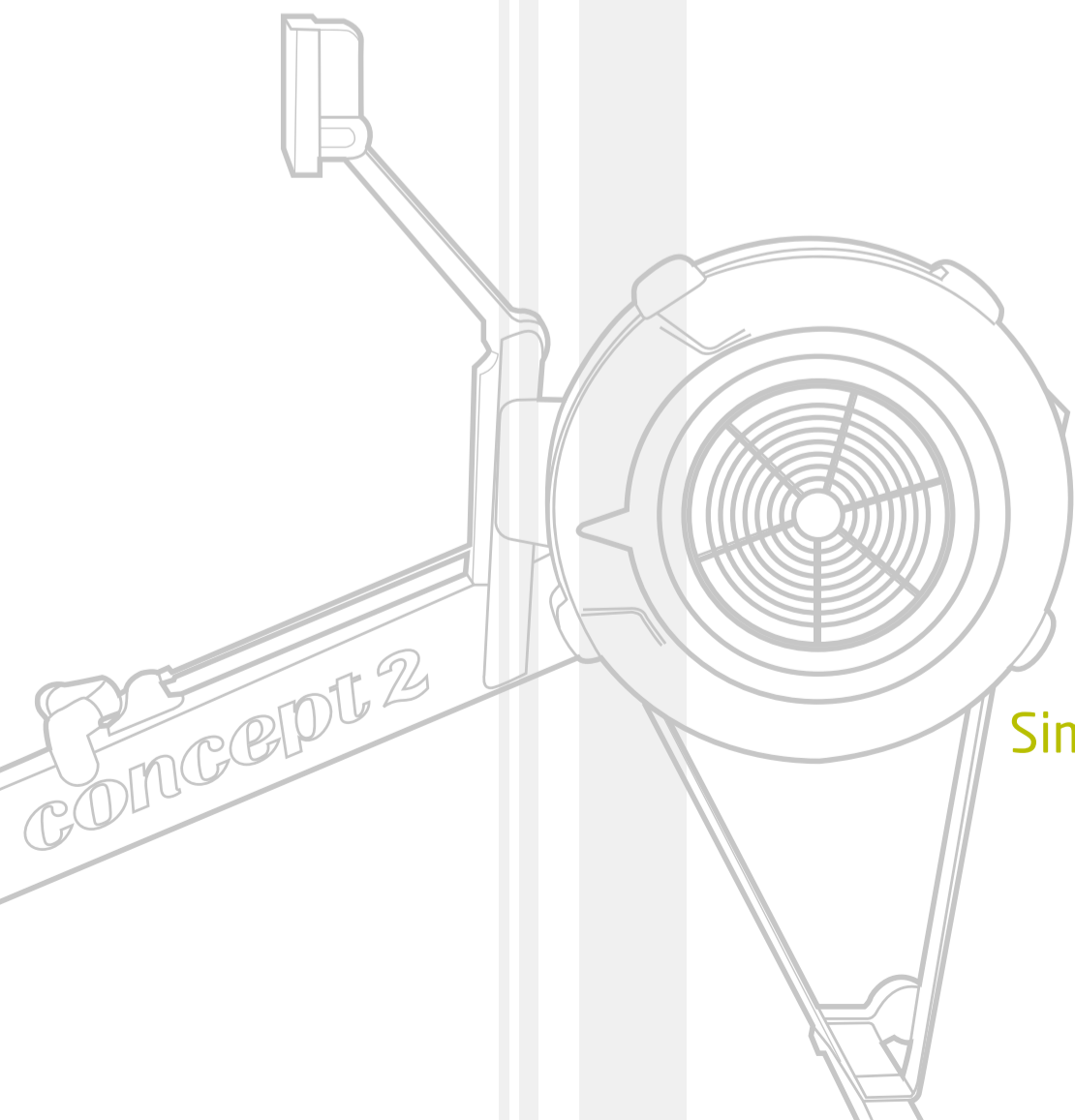
SEPTEMBER

Four Minute O'Neill Fitness Test

The O'Neill Fitness Test is a great way to monitor your aerobic fitness level. All you have to do is compare the distance you cover in four minutes on the Concept2 with the chart at http://concept2.co.uk/training/oneill_test

Why not do the O'Neill Fitness Test regularly and chart your progress to give yourself a motivational boost

Entries close (11pm)
1ST OCTOBER 2012



Want to know more?

Simply visit concept2.co.uk/challengeseries

