

## 2008 NSU Biggest Loser Final Challenge

For their Final Challenge each contestants had to complete obstacles set up for them before they can move on to the next task totaling 6 tasks altogether.

- 1) Medicine Ball Relay: Running back and forth across our basketball courts and alternating a 6 lb, 8 lb, and 10 lb ball over head.
- 2) Push Ups: Each contestant had to complete 25 push ups.
- 3) Walking Lunges with 15 lb dumbbells across the entire basketball court and back.
- 4) Jump Rope: Each contestant had to complete 50 full over head jumps.
- 5) Boxing Obstacle: Each contestant had to hit the pads and throw 50 jabs alternating with their right and left hands.
- 6) Sprint Run: Each contestant then had to race across the hallway, down one flight of stairs, across the first floor, back up a separate set of stairs and then repeat this one more time until they cross the finish line.

**The Winners with the Top Best Times for Today's Challenge are as followed:**

1st Place: Leah Hemingway 5:08

2nd Place: Robin Furmanski 5:20

3rd Place: Leah Goldberg 5:44

4th Place: Junior Pierre 6:26

5th Place: Katarina Juliao 7:01

Tie for 6th Place: Perla Najman and Adee Shekar 7:06