



## Fuel the Fire Challenge

Body Fat % - Most Improved	<i>Erika (17.14%)</i>
Body Fat % - Best Overall	<i>Erika &amp; Luke (Loss 4.8%)</i>
Weight - Most Improved	<i>Erika (5.45%)</i>
Weight - Best Overall	<i>Roberta (Loss 8.40 LBS)</i>
Total Inches - Most Improved	<i>Erika (Loss 5.24%)</i>
Total Inches - Best Overall	<i>Roberta (Loss 9.25")</i>
Cardio Fitness - Most Improved	<i>Joan (30%)</i>
Cardio Fitness - Best Overall	<i>Joan (15 BPM)</i>
Pull-Ups - Most Improved	<i>Erika &amp; Libby (100%)</i>
Pull-Ups - Best Overall	<i>Erika &amp; Libby (1 pull-up)</i>
Tricep Dips - Most Improved	<i>Roberta (800%)</i>
Tricep Dips - Best Overall	<i>Marie (35 Dips)</i>
Push-ups - Most Improved	<i>Teri (800%)</i>
Push-Ups - Best Overall	<i>Marie (22 push-ups)</i>
Sit N Reach - Most Improved	<i>Teri (205%)</i>
Sit N Reach - Best Overall	<i>Teri (10.25")</i>
Wall Squat Sit - Most Improved	<i>Roberta (1619.34%)</i>
Wall Squat Sit - Best Overall	<i>Erika (211 seconds)</i>
Bicep Curls - Most Improved	<i>Erika (1800%)</i>
Biceps Curls - Best Overall	<i>Erika (25 reps with 15#)</i>
Yoga Plank - Most Improved	<i>Teri (157.21%)</i>
Yoga Plank - Best Overall	<i>Teri (223 seconds)</i>