

THE  
**Men's Health  
 &  
 DAVIDOFF  
 CHAMPION**  
 CHALLENGE



# HOW FAST CAN YOU ROW 2K?

Your last chance to reveal your inner champion and win some great prizes in our nationwide competition

**T**he final of the *Men's Health & Davidoff Champion Challenge* is almost upon us but there's still time to test yourself and post your results.

To celebrate the launch of Davidoff's iconic new fragrance – Davidoff Champion – created for men who want to excel in every aspect of their lives, *Men's Health* and Davidoff Champion are giving you the opportunity to prove yourself. We've put together a challenge that will pit you against readers nationwide to find out who is the UK's Davidoff Champion. To take part in the challenge visit [menshealth.co.uk/davidoffchampion](http://menshealth.co.uk/davidoffchampion) and

enter your results for the four disciplines being tested (see box, right). You can test yourself as many times as you want during the challenge and update your results on the website. The top 20 on the leaderboard, at the end of the challenge on 18 October, will be invited to the brand new Gym Box, Westfield London on 23 October for the *Men's Health & Davidoff Champion Challenge Grand Final* which will be filmed and shown on [menshealth.co.uk](http://menshealth.co.uk). Register today to discover your inner champion. Davidoff Champion, the new fragrance for men, is available nationwide.

## The perfect stroke

Technique is key to rowing like a champion. Once you're strapped in, grab the bar with an overhand grip. Think of your arms as cables – this will stop you pulling too early. Look straight ahead while rowing. Not only will you avoid neck strain but it'll keep your airways open, which is always handy! Your leg muscles are the primary movers in this exercise until your knees go past 90 degrees then your upper body takes over. Don't forget to keep your back straight throughout and focus on bringing your shoulder blades together at the top of the move.

## Test your pulling-power

You will be tested over four disciplines, each one recognised as a benchmark of fitness:

- Your number of press-ups in one minute
- Your number of pull-ups to failure
- Your fastest 5km run (on a running machine at one degree incline)
- Your fastest 2km row (on a rowing machine at the hardest setting)

£1000's of prizes to be won

Test yourself and challenge your mates at  
**[menshealth.co.uk/davidoffchampion](http://menshealth.co.uk/davidoffchampion)**

Get your scores in by Midnight 18 October 2010

**LAST  
 CHANCE  
 TO  
 ENTER!**