

CHALLENGE NAME

STARTING DATE


DURATION


COST


REGISTRATION URL

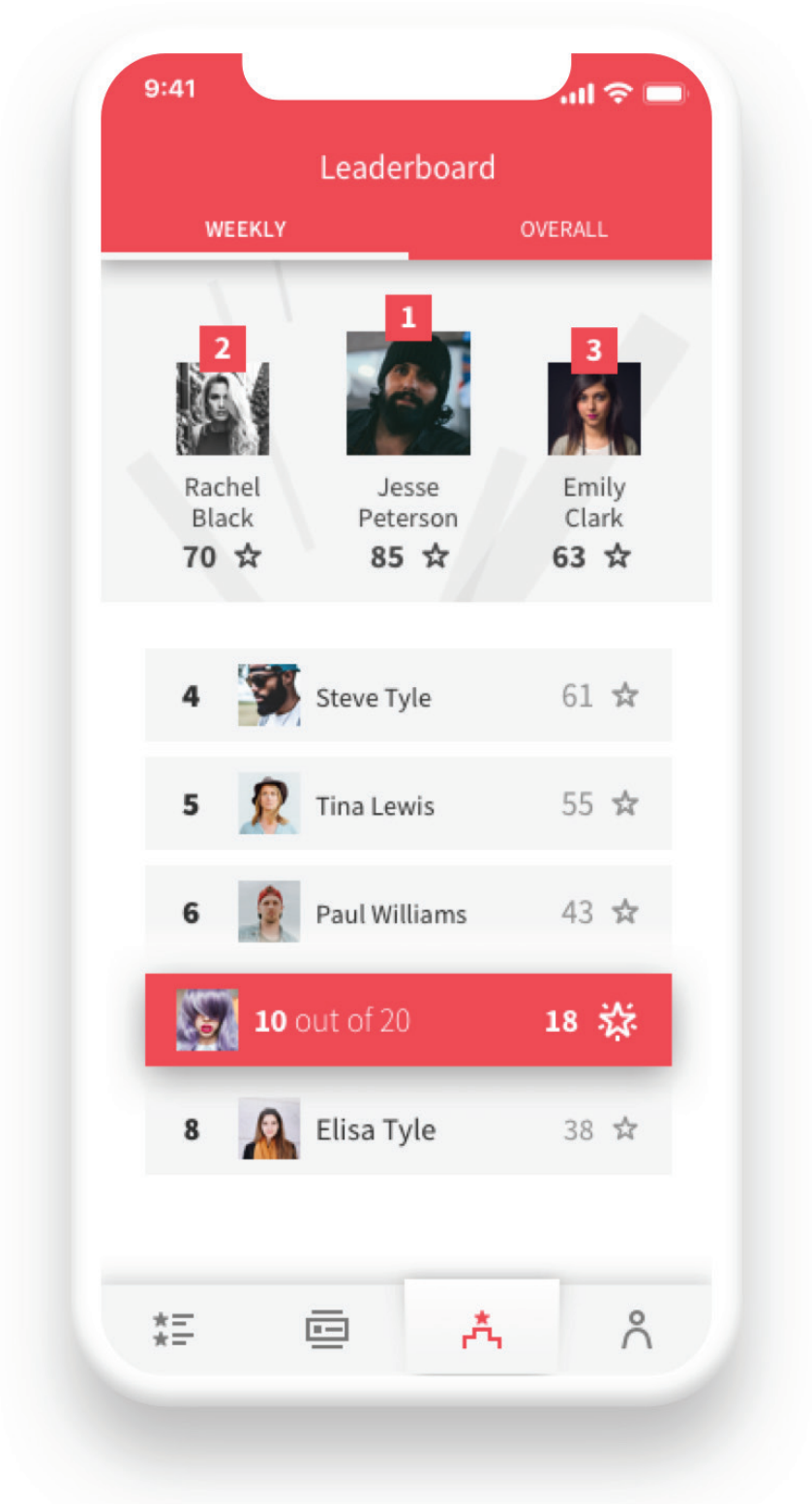
# Rise to the challenge


Download the FREE Wodify Rise app to participate


 Take part in transformative lifestyle challenges.


 Get the latest challenge updates in the activity feed.

 Leave feedback and encouragement for fellow participants.



 Keep a detailed food journal.

 View the leaderboard and daily task list.

 Upload scores, measurements and meal photos.

wodify Rise

Grab your friends, grab your phone and get started!