



March 28, 2017

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FOR IMMEDIATE RELEASE

**Do You Have What It Takes to be a StrongMatador?
Prove It at the SRC's "StrongMatador: TRX® 40/40 Challenge"**

Northridge- The Student Recreation Center (SRC) at the University Student Union (USU) encourages all SRC members to put their strength to the test during the "StrongMatador: TRX® 40/40 Challenge". It's the first edition of a new SRC fitness series that will be a true test of your physical abilities. It's also your chance to earn the ultimate title of StrongMatador. From Monday, April 10 to Friday, April 14, you will have the chance to compete against other Matadors by showing how many TRX® Atomic Push-ups and TRX® Low Rows you can complete for time. Male and female grand-prize winners will be awarded with awesome swag and the title of CSUN's very first StrongMatador!

"We love introducing even more ways of staying in shape to SRC members, as well as providing new ways to challenge themselves," said Fitness Coordinator, Amanda Christianson. "StrongMatador is a new series we are thrilled to bring to the SRC especially because it gives competitive people a platform to show what they have to offer in this physically challenge event!"

Competitors will be timed while performing both the TRX® Atomic Push-ups and the TRX® Low Rows up to a maximum of 40 repetitions each. The male and female competitor with the highest combined score performed in the least amount of time will be the victor. Competitors must complete the challenge during designated challenge

hours in the Top Level Training Zone.

The male and female winner will each receive a TRX® Go Suspension Trainer (\$150 value) along with a commemorative StrongMatador t-shirt and StrongMatador champion medal. Both winners will also be showcased on SRC social media.

SRC members can register now through the SRC Challenges Portal. Don't miss your opportunity to compete for the ultimate title at the "StrongMatador: TRX® 40/40 Challenge"! For more information, please visit www.csun.edu/src.

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The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.