

New Year's Challenge

Classic Women

Weighted Cruches	10 lbs	15 reps
Push Ups		15 reps
Conventional Goblet	25 lbs	15 reps
Box Jumps	20"	15 reps
Tire Flips	Small Tire	15 reps
Burpies		15 reps
Ball Slams	14 lbs	20 reps

Classic Men

Weighted Cruches	25 lbs	15 reps
Push Ups		15 reps
Conventional Goblet	35 lbs	15 reps
Box Jumps	24"	15 reps
Tire Flips	Wide Tire	15 reps
Burpies		15 reps
Ball Slams	20 lbs	20 reps

Advanced Women

Deadlifts	143 lbs	
		15 reps
Kettle Bell Swings	50 lbs	
		15 reps
Bench Press	85 lbs	15 reps
Pull Ups	Green Band	15 reps
Burpies		15 reps
Sled Push	115 lbs	D&B

Advanced Men

Deadlifts	225 lbs	
		15 reps
Kettle Bell Swings	70 lbs	
		15 reps
Bench Press	155 lbs	15 reps
Pull Ups		15 reps
Burpies		15 reps
Sled Push	180 lbs	D&B

The competitors with the best times for the Classic and Advanced divisions will be chosen winners. Each contestant will be able to complete the course twice in order to improve their time and win a free membership.

February 16th, 12 - 4 p.m.