

GLADIATOR



MENS CHALLENGE

55 MINUTE LIMIT

1. Versa Climber 500 feet
2. Swiss Ball Stability Plank 1 minute
3. Barbell Squat 100lbs x 12r **or**
Cable Squat 120lbs x 12r
4. Bench 90lb x 12r **or**
DB 35lb(ea) x 12r
5. 30 Alt Jump Lunge **or** 20 Step Ups
With Knee Drive each leg (12" Step)
6. 1 Arm 8kg Kettle Bell Overhead Carry
1min each side **or** 20kg Suitcase
Carry 1min each side
7. Rower Sprint (7 res) 200M < 1 min
8. 25 Zombie Sit ups **or** 25 Supported
"In and Outs"
9. 15 Broad Jumps to Back Peddle **or**
15r 14kg KB Goblet Clean to Squat
10. 20 Tsunami Waves w/ Battle Ropes
11. 1 Arm Bent Row 50lbs x 12r
12. COMBO MOVE: 12 reps of Alt
Renegade Rows w/ 15lbs DBs
(Step **or** Jump to stand each rep)
13. 1/4 mi Skill Mill walk @ level 4 **or** run
@ choice resistance

*** You Must Complete the Challenge in less than 55 minutes Under the supervision of a SMC Personal Trainer to Qualify.**

• Variations for bad knees and/or shoulders available.