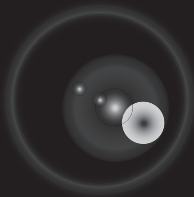


GLADIATOR



PRO

MEN'S GLADIATOR CHALLENGE

1. ***VERSA CLIMBER** 1350 feet in 10 minutes or less
 2. ***SQUATS** 155 lb. x 15 reps. No bar pad and squats must be proper form - quads parallel to ground
 3. ***SLED DRIVE** (Skill Mill) .05 miles @ resistance 8, in 2 minutes or less
 4. ***BENCH PRESS** 165 lb. x 11 reps or 75 lb. dumbbells x 11 reps. Bench block must touch chest each rep. If no block is used, depth is up to trainer's discretion
 5. **24 CLEAN AND PRESS** with 16kg Kettlebell (12 each side)
 6. **JUMP LUNGES** 50 or Pulse Lunges 30 per leg. Lunges must be performed with good depth
 7. ***ROWER SPRINT** - 7 resistance for 275 meters in 1 minute or less
 8. ***1 ARM BENT ROW** 75 lbs. x 11 reps per side. Proper form
 9. **40 (18") BOX JUMPS** or 40 Sumo Dead Lift to Hi-pull with 24 kg Kettlebell (Box Jumps are: jump up, step down)
 10. ***50 BATTLE ROPE TSUNAMI WAVES** with a squat within 1 minute
 11. **50 ZOMBIE SIT-UPS**
- Must touch toes each sit up
 12. **PLANK** 1 minute with 45 lb. plate on back. Plank from elbows and feet together
 13. **25 SAW MILL SPRAWLS** with 25lbs Dumbbells
 14. ***1/2 MILE RUN** in 4.5 minutes or less at 1% incline. No stopping or touching handles at any point. Only permitted to adjust pace
- * **STARRED EXERCISES MUST BE PERFORMED TO COMPLETION WITHOUT STOPPING**

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

• Dumbbell and KB variations for bad knees and/or shoulders only