

GLADIATOR



PRO

WOMEN'S GLADIATOR CHALLENGE

1. ***VERSA CLIMBER** 1150 feet in 10 minutes or less
 2. ***SQUATS** 105 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** 65 lb. x 12 reps or 30 lb. dumbbells x 12 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 12 kg Kettlebell (12 each side)
 6. **JUMP LUNGES** 50 or 30 Pulse Lunges per Leg. Lunges must be performed with good depth
 7. ***ROWER SPRINT** - 7 resistance for 225 meters in 1 minute or less
 8. * **1 ARM BENT ROW** 35 lb. dumbbell x 12 reps per side. Proper form
 9. **30 (18") BOX JUMPS** or **40 SUMO DEAD LIFT** to Hi-Pull with 16 kg Kettlebell (Box Jumps are: jump up and 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 w/ 35 lb. plate on back. Plank from elbows and feet together
 13. **25 SAW MILL SPRAWLS** with 15lbs Dumbbells
 14. * **1/2 MILE RUN** in 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