



# Functional **FITNESS** CHALLENGE

8 Fitness  
Events

8, 1/8 mile  
Run/Walks

6 Weeks of Training  
to Improve  
Performance

Compete against  
yourself or others

## THE EVENTS



1. Airdyne: 50 calories



2. Walking Lunge: 20lbs (w), 40lbs (m), 50  
meters



3. Sled Pull: 90lbs (w), 180lbs (m), 50 meters



4. Sled Push: 90lbs (w), 180lbs (m), 50 meters



5. Squat to Throw: 8lbs (w), 12lbs (m), 50 times



6. Farmers Carry: 30lbs/hand (w), 50 lbs/hand  
(m), 100 meters



7. Broad Jumps: 50 meters



8. Bench Burpee: 50 times

**PLUS 1/8 MILE RUNS BETWEEN EACH EVENT**

## Finish all events and runs in the fastest time possible

in the "Personal Improvement" division, all events can be modified for your fitness level or limitations.

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The "competitive" division will consist of two separate, standardized men's and women's divisions in which participants will compete against one another.



Initial testing will be held on Saturday, August 9th and Sunday, August 10th (the slots TBA based on number of registered participants)

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Open gym training sessions (with new event-specific weekly workout) will be held Mondays at 6:00am and 7:00pm from August 19th- September 15th (Closed Labor Day. Make up workout August 31st, 9:30am)

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Final testing will take place on September 20th and 21st

**Member price: \$99.00**  
**Non-Member Price: \$159.00**

**REGISTER TODAY**



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