

GLADIATOR



MEN'S GLADIATOR CHALLENGE

- 1. *VERSA CLIMBER**
10 minutes- 1350 feet
- 2. PLANK** 1 minute 45 lb. plate
Plank from elbows and feet together
- 3. *SQUATS** 155 lb. x 15 reps
No bar pad and squats must be proper form -
quads parallel to ground
- 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 administrators discretion
- 5. JUMP LUNGES** 50 or 30 Pulse Lunges per
Leg - Lunges must be performed with good
depth
- 6. "IRON CROSS"** 1 minute palms down,
thumbs parallel with the ground Arms must
remain at shoulder level for entire minute! 10
second penalty for dropping arms
- 7. *ROWER SPRINT** - 7 resistance 275 meters
in 1 minute or less
- 8. 50 ZOMBIE SIT-UPS**
Must touch toes each sit up
- 9. 18" BOX JUMPS** x 40 OR
40 SUMO DEAD LIFT TO HI-PULL with
24 kg Kettlebell Jump up, step down
- 10. 30 BALL SLAMS** 20 lb. med. Ball
Must slam ball and try to catch off the bounce
- 11. *1-ARM ROW** 75 lb. x 11 reps per side
- 12. BURPING PEOPLE** x 25 with
25 lb. dumbbells
- 13. *1/2 MILE RUN** 4 1/2 minutes or less at 1%
incline No stopping or touching handles at any
point. Only permitted to adjust pace

*** 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

GLADIATOR



WOMEN'S GLADIATOR CHALLENGE

1. ***VERSA CLIMBER** 10 minutes – 1150 feet
2. **PLANK** 1 minute 35 lb. plate
Plank from elbows and feet together
3. ***SLED DRIVE** (Skill Mill) .05 miles 2 clicks
from the end 2 minutes or less
4. **ZOMBIE SIT-UPS** 50 reps - Must touch toes
5. ***5- SQUATS** 105 lb. x 15 reps
No bar pad and squats must be proper form -
quads parallel to ground
6. ***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 administrator's
discretion
7. **JUMP LUNGES** 50 or 30 Pulse Lunges per
Leg. Lunges must be performed with good
depth
8. ***ROWER SPRINT** – 7 resistance 225 meters
in 1 minute or less
9. 1 **ARM BENT ROW** 35 lb. dumbbell x 12 reps
per side. Proper form
10. **12" BOX JUMP** x 40 or **40 SUMO DEAD
LIFT TO HI-PULL** with 16 kg Kettlebell
Jump up, step down
11. ***PUSH-UPS** x 12
Chest must touch block for every rep
12. **BURPING PEOPLE** x 25 with
15 lb. dumbbells
13. ***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

*** 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