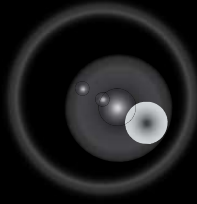


# GLADIATOR



## 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 (12" Step)
6. 1 Arm 8kg Kettle Bell Overhead Carry  
1min **or** 20kg Suitcase Carry 1min
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.**