

GLADIATOR



WOMENS CHALLENGE

55 MINUTE LIMIT

1. Versa Climber 500 feet
2. Swiss Ball Stability Plank 1 minute
3. Sled Drive on Skill Mill 0.03mi @ 7 resistance < 1 min
4. Zombie Sit-ups 25 reps **or** 25 supported "in and outs"
5. DB Sumo Squats 40lb DB x 15r
6. Bench 50lbs x 12r **or** 20lb DBs x 12r
7. 30 Alt Jump Lunges **or** 20 Step Ups w/ Knee Drive (12" Step)
8. Rower Sprint (7 res) 185m < 1min
9. 1 Arm Bent Row 25lb DB x 12r
10. 15 Broad Jump to Back Peddle **or** 15r 12kg KB Goblet Clean to Squat
11. 20 Tsunami Waves w/ Battle Ropes
12. COMBO MOVE: 12 reps of Renegade Rows w/ 10 lbs 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.