

CHALLENGE	DATE COMPLETED		CHALLENGE
125 PUSH UPS			ONE HOUR TRAIL RUN
5K RUN			30 PULL UPS
20 LB ONE MILE WEIGHTED CARRY			FIFTEEN 20 YD. HILL CLIMB SPRINTS
100 LUNGES			100 BURPEES
5 MIN. OF PLANKS +50 CRUNCHES			30 WALL PUSHUPS
STAIR CLIMB 25 FLOORS			100 SITUPS + 30 LEG LIFTS

EXERCISES CAN BE BROKEN UP THROUGHOUT THE DAY



**2022**

