

# DECEMBER 2024 CHALLENGE

NAME \_\_\_\_\_

COMPLETE ALL 9 WORKOUTS IN ONE SESSION EACH ASSIGNED DAY. VERIFY ENTRIES WITH AN ATTENDANT AT THE JIM THORPE FITNESS CENTER FRONT DESK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 _____ 12 MIN (EOM)	3	4 _____ 60 THRUSTERS	5	6 _____ 5,500 METER ROW	7
8	9 _____ 600 METER FARMER'S CARRY	10	11 _____ 50 HAND RELEASE PUSH-UPS	12	13 _____ 6,000 METER ROW	14
15	16 _____ 3 EACH 40 SECOND PLANKS	17	18 _____ 2 MILE RUN/WALK	19	20 _____ 6,500 METER ROW	21
22	23	24	25	26	27	28
29	30	31				

