

HOLIDAY CHALLENGE

Workout



4 December
12 Min (EOM) every min on the min
1 Min 3 KBS
2 Min 6 KBS
3 Min 9 KBS
4 Min 12 KBS
5 Min 15 KBS
6 Min 18 KBS
7 Min 21 KBS
8 Min 24 KBS
9 Min 27 KBS
10 Min 30 KBS
11 Min 33 KBS
12 Min 36 KBS



6 December
60 Thrusters
Females: 10-35lb Barbell/DB
Males: 45-65lb Barbell/DB



8 December
5500 Meter Row

Workout



11 December
600 Meter Farmer's Carry:
6 each 100 meters
Females: 20-30lb KB/DB
Males: 45-60lb KB/DB



13 December
50 Hand Release Push-Ups
(Modification: Kneeling Push-Ups)



15 December
6000 Meter Row



18 December
3 Ea 40 Sec Planks
(Modification: Kneeling Plank)



20 December
2 Mile Run/Walk



22 December
6500 Meter Row

Check off as you complete the 9 workouts which must be completed in one workout standing.



DECEMBER CHALLENGE QUICK FIX

Challenge yourself to complete all 9 workouts which must be completed in one workout standing starting 4 December until 22 December!

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