










DECEMBER 2024 CHALLENGE

WORKOUTS

	<p>2 December 12 Min (EOM) every min 1 Min 3 KBS 7 Min 21 KBS 2 Min 6 KBS 8 Min 24 KBS 3 Min 9 KBS 9 Min 27 KBS 4 Min 12 KBS 10 Min 30 KBS 5 Min 15 KBS 11 Min 33 KBS 6 Min 18 KBS 12 Min 36 KBS</p>
	<p>4 December 60 Thrusters Females: 10-35lb Barbell/DB Males: 45-65lb Barbell/DB</p>
	<p>6 December 5500 Meter Row</p>
	<p>9 December 600 Meter Farmer's Carry: 100 meters - 6 each Females: 20-30lb KB/DB Males: 45-60lb KB/DB</p>

WORKOUTS

	<p>11 December 50 Hand Release Push-Ups (Modification: Kneeling Push-Ups)</p>
	<p>13 December 6000 Meter Row</p>
	<p>16 December 40 Second Planks - 3 each (Modification: Kneeling Plank)</p>
	<p>18 December 2 Mile Run/Walk</p>
	<p>20 December 6500 Meter Row</p>

CHECK OFF AS YOU COMPLETE THE 9 WORKOUTS. EACH MUST BE COMPLETED IN ONE WORKOUT SESSION DURING THE ASSIGNED DAY.

