



# Jim Thorpe Fitness Center

## Quick Fix Challenge Log

# DECEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Completed Number of Days <hr/>					1	2
3	4 12 Min (EOM) <hr/>	5	6 60 Thrusters <hr/>	7	8 5500 Meter Row <hr/>	9
10	11 600 Meter Farmer's Carry <hr/>	12	13 50 Hand Release Push-Ups <hr/>	14	15 6000 Meter Row <hr/>	16
17	18 3 Ea 40 Sec Planks <hr/>	19	20 2 Mile Run/Walk <hr/>	21	22 6500 Meter Row <hr/>	23
24	25	26	27	28	29	30
<hr/> 30						

Challenge yourself to complete all 9 workouts which must be completed in one workout standing! Record the completed workouts from 4 December until 22 December during the December 30 Day Challenge. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.

Carlisle.ArmyMWR.com • CarlisleFMWR • 717-245-3535 • 23 Lovell Ave., Carlisle PA