

# 30 DAY CHALLENGE

## Seminar 1 Workout

### Warm Up:

Rower x1000m

KB Swing x30

Bend and Reach x10

Bent Leg Body Twist x10

Burpees x10

Plank x5 minutes

### Round Robin:

Turkish Get-up x5/5 with 25lbs

Burpee Pull-up x5

Clean and Press x5 with 95lbs

Stairs x1 to third floor

Run x1 around the 2nd floor track (100 meters)

Complete as many rounds of the round robin as possible in 30 minutes.



## MARCH CHALLENGE SEMINAR WORKOUTS

With a buddy/team members choose a seminar workout for each week. Complete the workout 5 days out of 7 each week. Over the four weeks complete all four Seminar workouts.

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