



Have fun with this **November Anniversary Challenge** and see how fast you can complete this WHOLE workout.

Once completed, add your name and time to the Leader Board.

This will enter you into a chance to **win one month of CSC classes!**

Our premier Strength & Conditioning program.

- 5 Laps around the track
- 1. 50 Body Weight Squats
- 2. 50 Single Kettle Bell Deadlifts
- 3. 50 Pushups
- 4. 50 Straight Leg Sit Ups
- 5. 50 Kettle Bell Push Press
- 6. 50 Revolutions Jump Rope
- 7. 50 Med Ball Crunches
- 8. 50 Med Ball Slams
- 9. 50 Alternate Lateral Lunges
- 10. 50 Burpee's
- 5 Laps around the track

Equipment needed: Track, 1 Heavier Kettle Bell, 1 Med Kettle Bell, Jump Rope, Med Ball, timer and positive attitude!