

POWERED BY  
**EISENTRAGER'S**  
GYMNASIUM

EISEY'S LADIES GOLD CHALLENGE

#1 The plank for two minutes.

One minute rest before the next discipline

#2 Samson's chair for four minutes.

One minute rest before the next discipline

#3 Twenty continuous full press ups

One minute rest before the next discipline

#4 Modified Burpees. Eighty in five minutes.