

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S MENS GOLD CHALLENGE

#1 The plank for six minutes.

One minute and thirty seconds rest before the next discipline.

#2 Samson's chair for six minutes.

One minute and thirty seconds rest before the next discipline.

#3 Press ups. Start with eight continuous press ups. After you have completed the eight, hold press up position with fully extended arms and flat back for a moment. Continue this process down to one, and then back up to eight.

One minute and thirty seconds rest before the next discipline.

#4 Modified Burpees. Eighty in five minutes.