

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S YMCA CHALLENGE LADIES PLATINUM

#1 Three minutes of the plank

One minute and thirty seconds rest before the next discipline

#2 Five minutes of Samson's chair.

One minute and thirty seconds rest before the next discipline

#3 Press ups. Start with five full press ups. Hold press up position for five seconds in the fully extended arm position. Keep butts down and backs straight. Continue with this format down to one and then back up to five. Twenty-nine press ups in total.

One minute and thirty seconds rest before the next discipline

#4 Modified Burpees. One hundred in five minutes