

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S MENS PLATINUM CHALLENGE

#1 Eight minutes of the plank

One minute and thirty seconds rest before next discipline

#2 Eight minutes of Samson's chair

One minute and thirty seconds rest before next discipline

#3 Press ups. Start with ten full press ups. Hold press up position in the full arm extension position. (No sagging backs or butts in the air please). After short pause, participant must complete nine full press-ups. Continue this format down from 8, 7.... until you reach one. From one work your way back up to ten in the same manner as before.

One minute and thirty seconds rest before next discipline

#4 One hundred modified burpees in five minutes

Refer to Bronze challenge for correct technique required for each discipline.