

POWERED BY  
**EISENTRAGER'S**  
GYMNASIUM

EISEY'S LADIES PLATINUM PLUS CHALLENGE

# 1 Four minutes of the plank

# 2 Six minutes of Samson's chair

# 3 Press-ups, 1-2-3-4-5-6-5-4-3-2-1=35 in total

# 4 One hundred and thirty modified burpees in six minutes

There is a one minute and thirty seconds rest between each discipline.

Good luck!