

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S LADIES SILVER CHALLENGE

#1 Two minutes of the plank.

One minutes rest before next discipline.

#2 Three minutes of Samson's chair.

One minutes rest before the next discipline.

#3 Press-ups. Five sets of five press ups, with fifteen seconds rest between each set.

One minutes rest before the next discipline.

#4 Modified Burpees. Fifty in four minutes and thirty seconds.