

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S SILVER MENS CHALLENGE

#1 Three minutes of the plank.

One minutes rest before next discipline.

#2 Three minutes of Samson's chair.

One minutes rest before next discipline

#3 Press ups. Eight sets of ten press ups. Thirty seconds rest between sets, with no stopping during a set.

One minutes rest before next discipline.

#4 Modified Burpees. Fifty in four minutes.

See Bronze challenge for technique and requirements for each exercise.