

POWERED BY
EISENTRAGER'S
GYMNASIUM

EISEY'S LADIES ULTIMATE CHALLENGE

#1 Five minutes of the plank

#2 Eight minutes of Samson's chair

#3 Press-ups. 1-2-3-4-5-6-7-6-5-4-3-2-1= 48 press-ups in total

#4 Vitruvian Man for five minutes

#5 One hundred and forty burpees in seven minutes

There is a one minute and thirty second rest between disciplines