

POWERED BY  
**EISENTRAGER'S**  
GYMNASIUM

EISEY'S ULTIMATE MENS CHALLENGE

#1 Fifteen minutes of the plank

One minute and thirty seconds rest before the next discipline

#2 Ten minutes of Samson's chair

One minute and thirty seconds rest before the next discipline

#3 Press ups. By now you know the routine! 10-1-10-1-10. Total press-ups, 208. Each press-up should be performed with straightened arms in the up portion of the exercise, with arms at 90 degree angles at the lowered section. Participants must remain with arms fully extended, backs flat, and all other body parts other than feet and hands off the floor between each numbered set of press-ups (minimum of one second). The whole of the body moves in one motion during the exercise. NO CHICKEN PECKING PLEASE!

One minute and thirty seconds rest before the next discipline

#4 Modified Burpees. Two hundred modified burpees in ten minutes

Refer to bronze challenge .....