

REVL8 CHALLENGE WORKOUT

THE HUSTLE



Three rounds of maximum effort recording distance and repetitions for each exercise.

Work 1 minute, resting 30 seconds between each exercise. Rest 1 minute between rounds.

FIRST
NAME

LAST
NAME

DATE:

RECORD DISTANCE AND REPS

Start	Exercise	Round 1	Round 2	Round 3	Total
<input type="radio"/>	Row (Meters, Level 7)				
<input type="radio"/>	Push up DM (Deadman)				
<input type="radio"/>	Box jump. Circle height 51cm 61cm 75cm				
<input type="radio"/>	Plate GTO (Ground to overhead) Circle kg: 5 10 15				
<input type="radio"/>	Burpee (Overhead clap)				

REST 1MIN

REST 1MIN