

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.

LEVELS: Hit 3 of the 5 exercise totals to achieve your level

SILVER

40 reps
(400m row)

GOLD

60 reps
(600m row)

PLATINUM

80 reps
(800m row)

100'S CLUB

100 reps
(1000m row)

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)				

MY LEVEL



FIRST NAME

LAST NAME

DATE: