



Mr & Mrs Real Life Challenge 2020

**Try anytime during the month of
November.**

Book a time at reception.

500m SkiErg - Level 10

50 x Dead Ball Slams - Ladies 8kg Ball. Men 12kg Ball

50 x Push-Ups - Can be done on toes or knees

1,000m Treadmill - 4% Incline

50 x Barbell Curls - Ladies 15kg Barbell. Men 20kg Barbell

2,000m Bike - Level 6

50 x Barbell Upright Row Ladies 15kg. Men 20kg.

1,000m Rower - Level 10