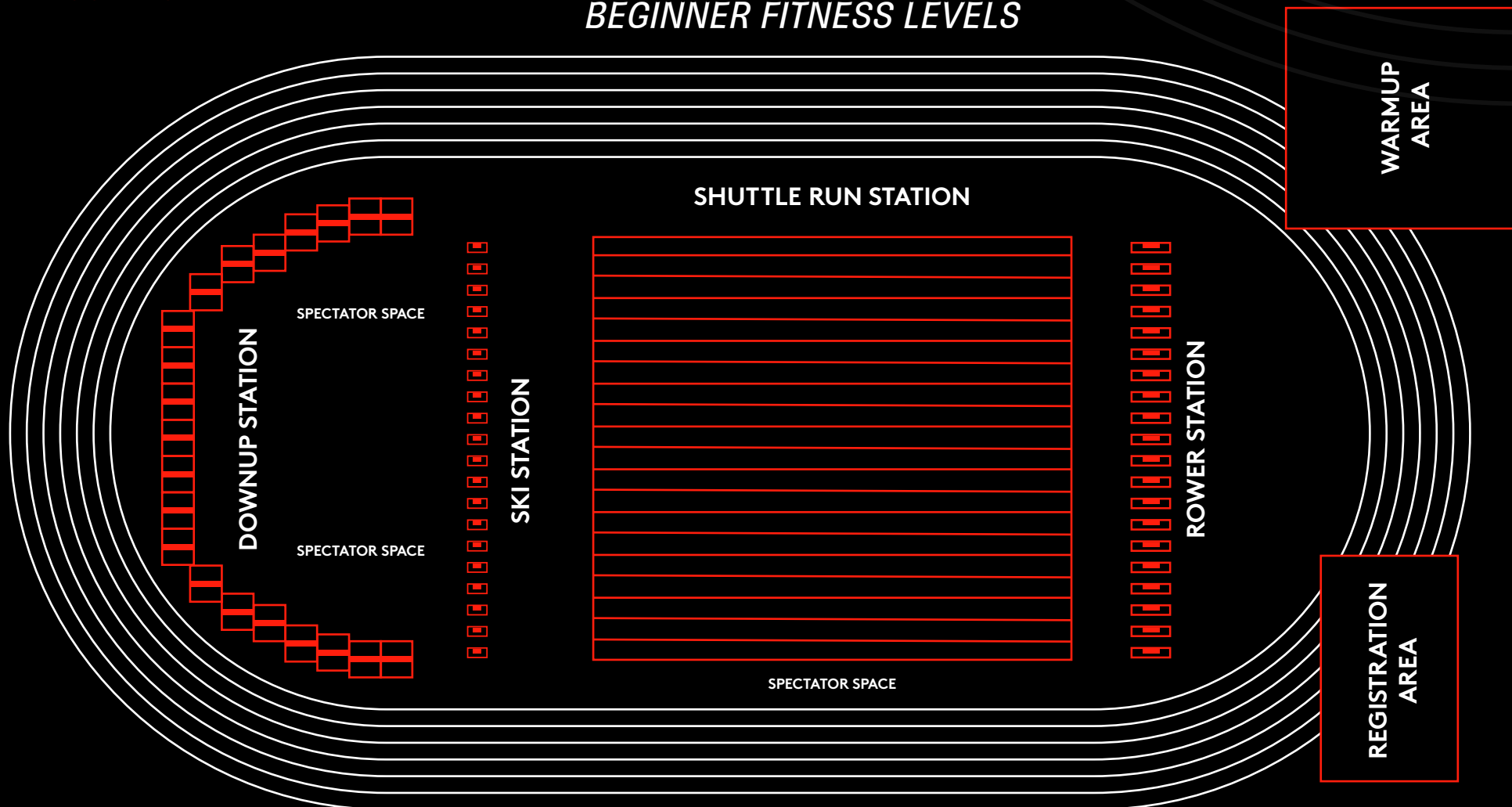


# STRIVE FITNESS CHALLENGE FORMAT

## BEGINNER FITNESS LEVELS



**8 MIN**  
MAX METRES  
ROWING

**4 MIN**  
CHANGE OVER

**8 MIN**  
MAX 40M  
SHUTTLE RUNS

**4 MIN**  
CHANGE OVER

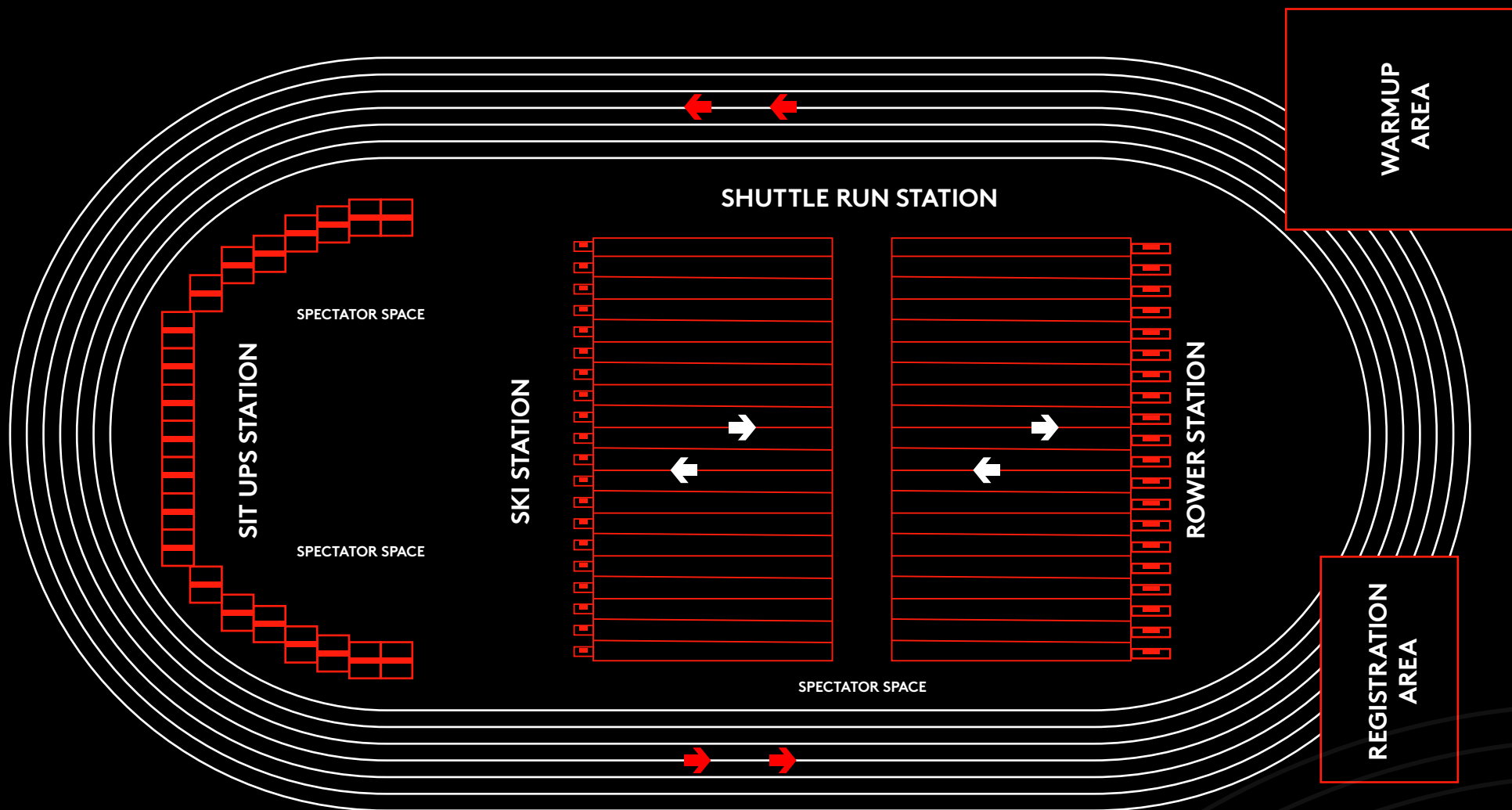
**8 MIN**  
MAX SKI ERG

**4 MIN**  
CHANGE OVER

**8 MIN**  
MAX  
DOWN-UPS

# STRIVE FITNESS RACE FORMAT

INTERMEDIATE TO ADVANCED FITNESS LEVELS



**STATION 1** 160M WALKING LUNGES  
(8 LENGTHS OF THE 20M LANE)  
MAX METRES ON THE SKI ERG  
(12 MINS-YOU GO I GO)  
4MINS - CHANGEOVER AND REST

**STATION 2** 120M BURPEE BROAD JUMPS  
(6 LENGTHS OF THE 20M LANE)  
MAX METRES ON THE ROWER ERG  
(12 MINUTES - YOU GO I GO)  
4MINS - CHANGEOVER AND REST

**STATION 3** 150 SITUPS  
MAX LAPS OF THE 200M TRACK  
(12 MINUTES - YOU GO I GO)