

Total Athlete

Challenge

**COMPLETE 7 OF
8 RECORDS • DURING MAY • WIN A
1 MONTH • T-SHIRT**

- Max Squat 3x
- Plank Hold
- 1 Mile Run
- Flexed Arm Hang
- Max Deadlift 3x
- Push Ups
- Pull Ups
- 1000 Meter Row

—SCHEDULE YOUR APPOINTMENT TODAY—