



BOSS INVADES ATKINS



ATKINS FUNCTIONAL FITNESS CHALLENGE

NOVEMBER 8, 2018 SIGN UP @ 0900 EVENT STARTS @ 1000

OPEN TO ALL DOD CARD HOLDERS AND FAMILY MEMBERS 17 YEARS OLD AND UP

EVENT #1 – ASSAULT BIKE **MALES BIKE 20 CALORIES / FEMALES BIKE 10 CALORIES**

EVENT #2 – SLED PULL THEN PUSH FOR FIFTEEN METERS **MALE 140LBS ON SLED / FEMALES 90LBS ON SLED**

EVENT #3 – TIRE FLIP- MALES AND FEMALES WILL FLIP TIRE TEN METERS. **TIRE WEIGHT APPROX 221 LBS**

EVENT #4 – SANDBAG SHOULDER CARRY FOR FIFTEEN METERS **MALE 65LB / FEMALE 35 LB**

EVENT #5 – SANDBAG DRAG FOR TEN METERS **MALE 65LB / FEMALE 35LB**

EVENT #6 – TEN BOX JUMPS **MALE 24 IN BOX / FEMALE 24 IN BOX**

EVENT #7 – KETTLEBELL WEAVE AND CARRY THROUGH BOXES **MALES 70LB / FEMALES 35LB**

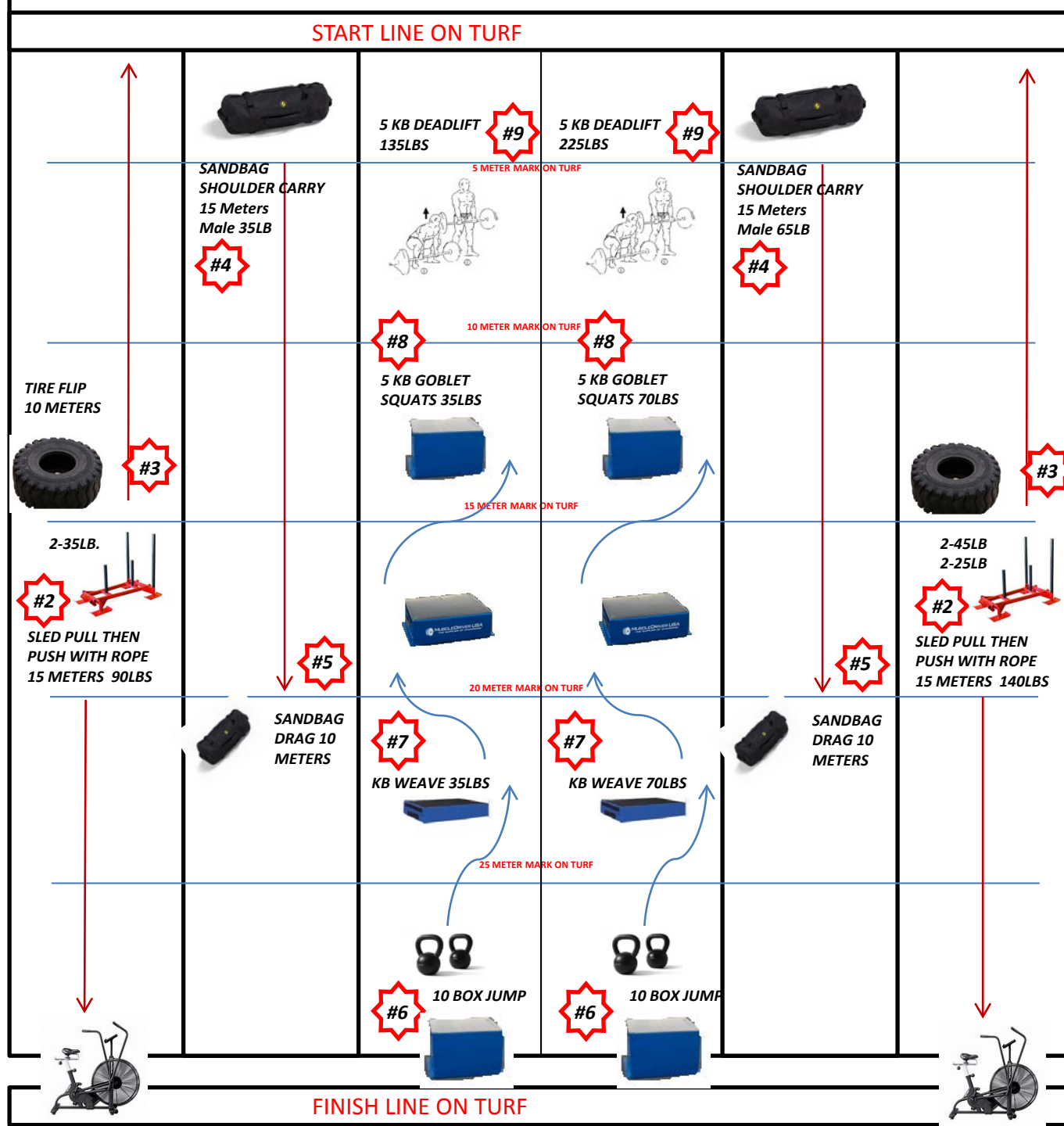
EVENT #8 – FIVE GOBLET SQUATS WITH KETTLEBELL ***WITH ONE OF KETTLBELLS JUST CARRIED MALES 70LB / FEMALE 35LB**

EVENT #9 – FIVE DEADLIFTS ON HEXAGON APPARATUS **MALE 225LB. / FEMALE 135LB**

SEE THE BACK FOR THE LAYOUT OF THE COURSE :

START LINE ON TURF

#1
MALE/FEMALE
ASSUALT BIKE
10 CAL FEMALE



#1
MALE/FEMALE
ASSUALT BIKE
20 CAL MALE