



# BOSS INVADES ATKINS

## ATKINS FUNCTIONAL FITNESS CHALLENGE

APRIL 11 2019 SIGN UP @ 0900(9am) EVENT STARTS @ 1000 (10am)

OPEN TO ALL DOD CARD HOLDERS AND FAMILY MEMBERS 18 YEARS OLD AND UP



### 1. BOX JUMP

10 JUMPS EACH  
MALES 30"  
FEMALES 24"

### 2. DEADLIFT

1 REP EACH  
MALES 225LB, 245LB, 275LB  
FEMALES 165LB, 175LB, 185LB

### 3. SLED PUSH

25 METERS  
MALES 90LB  
FEMALES 50LB

### 4. SLED PULL

25 METERS  
MALES 90LB  
FEMALES 50LB

### 5. OVER HEAD SAND BAG LUNGE

15 METERS  
MALES 75LB  
FEMALES 25LB

### 6. TIRE HIT WITH SLEDGE HAMMER

5 REPS EACH ARM

### 7. TIRE FARMERS CARRY

10 METERS

### 8. ATLAS CARRY WITH DUMBBELLS

MALES 80LB, 90LB, 100LB  
FEMALES 40LB, 50LB, 60LB



## WEIGHT ROOM

#1



Box Jump  
10 jumps each  
Males 30"  
Females 24"

#2



Deadlift  
1 rep each  
Males 225lb, 245lb, 275lb  
Females 165lb, 175lb, 185lb

EVENTS #1 AND #2 WILL START IN  
WEIGHT ROOM

## START LINE ON TURF

#3



Sled Push 25 meters  
Males 90lb  
Females 50lb

#5



Over head sand bag lunge 15  
meters  
Males 75lb  
Females 45lb

#8

Atlas carry with  
dumbbells  
Males 80lb, 90lb, 100lb  
Females 40lb, 50lb, 60lb

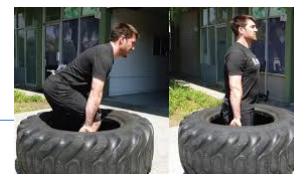


#6



Tire hit with sledge  
hammer 5 reps each arm

#7



Tire farmers carry 10  
meters

#4

Sled Pull 25  
meters



5 METER MARK ON TURF

10 METER MARK ON TURF

15 METER MARK ON TURF

20 METER MARK ON TURF

25 METER MARK ON TURF

## FINISH LINE ON TURF