SPEARHEAD 20 CHALLENGE

LOCATION: STRENGTH PERFORMANCE CENTER, 6th St, Fort Lee, VA

DO YOU HAVE WHAT IT TAKES TO COMPLETE THE TC SPEARHEAD 20 CHALLENGE?

- ☆STARTS AT 0545, MONDAY MAY 1, 2018☆
- ☆ LIMITED TO 10 TEAMS OF FOUR ☆
- ☆OPEN TO ALL SERVICE MEMBERS☆

AVERAGE TEAM SCORE USED TO SELECT THE WINNER

THE SPEARHEAD 20 CONSIST OF:

500M ROW / 20 PULLUPS / 20 SIT UPS /
20 ELBOW PLANK KNEE RAISES /
20 AIR SQUATS / 20 REVERSE BURPEES
20 HAND RELEASE PUSH UPS /
20 ALTERNATING FLOOR WIPERS /
20 DOUBLE UNDERS /
20 EXERCISE BALL WALL SHOTS

MORE INFO & TEAM REGISTRATION AT: www.transchool.lee.army.mil

QUESTIONS? Please contact CPT Burgess @ 765-7448/Chalmus.j.burgess.mil@mail.mil