

PALADIN *FITNESS RACE*

GOLD COAST SUNDAY 20TH JULY

START - RUN 800M

ZONE 1

1000M SKI

50 X GROUND TO OVERHEAD

75 X BEAR HUG SQUATS

800M RUN - DOUBLES 400M EACH

ZONE 2

2000M BIKE

50 X BOX OVERS

100M X BALL LUNGES

RUN 800M - DOUBLES 400M EACH

ZONE 3

1000M ROW

50 X PLATE THRUSTERS

200M X FARMERS CARRY

RUN 800M - DOUBLES 400M EACH

ZONE 4

25 BURPESS

50 X BALL OVER SHOULDER

RUN 800M - FINISH