



**AND FUNDRAISER FOR WOUNDED TROOPS**

**SAT JUNE 5<sup>TH</sup> TREASURE ISLAND GYM 8 AM TO 12 NOON**

Whether you do Cross-Fit, kettlebells or your own workout program, this **STREND Fitness Challenge** will enable you to “show what you got” while raising money for our troops who have been wounded in Iraq and Afghanistan.

**FORMAT**

DISCIPLINE	OPEN	BASIC
Bench Press	body weight	60%
Pull Up	body weight	modified
Shoulder Press	50%	30%
Chin Up	body weight	modified
Bar Dip	body weight	modified
Run	3 miles	3 miles

DISCIPLINE	OPEN	BASIC
Bench Press	60%	40%
Pull Up	body weight	modified
Shoulder Press	30%	20%
Chin Up	body weight	modified
Bar Dip	body weight	modified
Run	3 miles	3 miles

**MALE STANDARDS**

**FEMALE STANDARDS**

Competitors have 3 minutes per discipline to perform as many repetitions as possible. This 3 minutes include the time it takes to perform as many repetitions as possible and the rest before the competitor begins the next discipline. Most take between 15-45 seconds for each of the five upper body disciplines before reaching muscle failure. This allows approximately 2 minutes of rest before beginning the next discipline.

\*Those entering the Basic Division perform a modified version of the pull up, chin up and bar dip using specially designed equipment which reduces the body's weight by approximately 1/3. This makes performing the discipline somewhat easier but still challenging.

To register for this event, simply make a donation (\$40 suggested) to the Wounded Warrior Project ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)) or Homes For Our Troops ([www.homesforourtroops.org](http://www.homesforourtroops.org)). Once you receive an e-mail confirmation of your donation from either organization, forward that e-mail to us at [ghillie8@msn.com](mailto:ghillie8@msn.com) and we'll put you on the competitor list. For more info on the STREND format go to [www.strend.com](http://www.strend.com). For more info on this particular event send an e-mail to Mark Lundin at [ghillie8@msn.com](mailto:ghillie8@msn.com)