

SEPTEMBER FITNESS INCENTIVE

NEVER FORGET

09.11.01
TRIBUTE

Every year **September 11** is recognized as a date to reflect and honor those that paid the ultimate sacrifice.

To honor this date, complete the following self-timed "**Never Forget**" Tribute Workout, share your results at the Fitness front desk and challenge others to do the same within the month of September.

Start the timer - then complete in this order:

1. 100 walking or stationary lunges with 2 x 15 lb kettle bells (50 each leg)
2. 100 push-ups (rest as little as possible)
3. 100 walking or stationary lunges with 2 x 15 lb kettle bells (50 each leg)
4. Farmer's carry with 2 x 45 lb kettle bells for 396 steps
5. 100 walking or stationary lunges with 2 x 15 lb kettle bells (50 each leg)
6. 100 kettle bell (2 x 15 lb) clean and press
7. 100 walking or stationary lunges with 2 x 15 lb kettle bells (50 each leg)
8. 43 pull-ups or body rows (rest as little as possible)
9. 100 walking or stationary lunges with 2 x 15 lb kettle bells (50 each leg)



**Finish the Workout and receive a
Fitness Challenge Coin!**

For more information, call the Fitness Center at 961-3164.



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