

WWWC WILBURN WARRIOR CHALLENGE



3-7 AUG

LOG PRESS

Max Reps M: 130 lbs F: 90 lbs
Log must touch the ground
between each rep. Arms fully
extended at top position

10-14 AUG

RUN CHALLENGE

1 Mile Run

17-21 AUG

BIKE CHALLENGE

1 Mile ride using
the Stages SC3 Bike

24-28 AUG

MILITARY PRESS 1RM

Use the Wilkes
Coefficient formula to
determine overall strongest

31 AUG-4 SEP

PUSH UP CHALLENGE

2 min max effort

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WWWC WILBURN WARRIOR CHALLENGE



7-11 SEP

ROW CHALLENGE

100 Cal Row for time

14-18 SEP

SLED PUSH CHALLENGE

50 yard Sled Push at 270 lbs

21-25 SEP

DOUBLE UNDERS CHALLENGE

Max in 2 min

28 SEP-2 OCT

YOLK CARRY

Max distance at 360 lbs

2-9 OCT

SLED DRAG

30 yd seated Sled Drag
at body weight for time

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