

# WARRIOR CHALLENGE

WIN \$400 WORTH OF PRIZES  
FROM SAMSUNG & BOW

1 JAN - 29 FEB 2024

\*T&Cs Apply

Are you the next Gym Warrior? Take on the challenge & stand a chance to win prizes worth S\$400 for our 3 champions!



## THE CHALLENGE

500m Rows	Level 10 on Rower
50 Air Squats	Minimum of Hamstring Parallel to the ground
40 Shoulder Taps	Each tap counts as 1
30 Push Ups	Range of 1 Fist above ground
20 Reverse Lunges	Each lunges counts as 1
10 Full Burpees with Jumps	Chest to touch ground on each burpee

**SPEAK TO YOUR PERSONAL COACHES TODAY**