



# SPEARHEAD 20



# CHALLENGE



**LOCATION: STRENGTH PERFORMANCE CENTER, 6th St, Fort Lee, VA**

**DO YOU HAVE WHAT IT TAKES TO COMPLETE THE TC SPEARHEAD 20 CHALLENGE?**

- ★ STARTS AT 0545, MONDAY MAY 1, 2018 ★
- ★ LIMITED TO 10 TEAMS OF FOUR ★
- ★ OPEN TO ALL SERVICE MEMBERS ★

**AVERAGE TEAM SCORE  
USED TO SELECT THE WINNER**

**THE SPEARHEAD 20 CONSIST OF:**

- 500M ROW / 20 PULLUPS / 20 SIT UPS /
- 20 ELBOW PLANK KNEE RAISES /
- 20 AIR SQUATS / 20 REVERSE BURPEES
- 20 HAND RELEASE PUSH UPS /
- 20 ALTERNATING FLOOR WIPERS /
- 20 DOUBLE UNDERS /
- 20 EXERCISE BALL WALL SHOTS

**Questions? Call (804) 765-7443/7448**

**Registration: [click here](#)**