



MONTHLY CHALLENGE 19.1

JAN 1, 12:00 pm, THROUGH JAN 15, 12:00 pm

WORKOUT 19.1

Complete as many rounds as possible in 8 minutes of:

8 devil presses

16 / 12 cal row

Round	8 devil presses	16 / 12 cal row
1		16
2		32
3		48
4		64
5		80
6		96
7		112
8		128
9		144
10		160

Athlete Name: _____

Affiliate: _____

Total Reps: _____

Male

Female

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