



SCOTTY CHALLENGE

**THE SCOTTY CHALLENGE IS THE ULTIMATE FITNESS CHALLENGE.
IN MEMORY OF OUR FALLEN HEROES. IN SUPPORT OF THE CHILDREN THEY LEAVE BEHIND.**



THE CHALLENGE

400M RUN WITH BERGEN ON BACK

SQUAT HOLD WITH BERGEN ON BACK - 50 SECONDS

PUSH UPS WITH BERGEN ON BACK - 50 REPS

PLANK WITH BERGEN ON BACK - 50 SECONDS

BURPEES NO BERGEN - 50 REPS

OVERHEAD BERGEN HOLD - 50 SECONDS

BEAR CRAWL WITH BERGEN ON BACK - 50 METRES

THRUSTERS WITH BERGEN AS WEIGHT - 50 REPS

400M RUN WITH BERGEN ON BACK

SUGGESTED BERGEN WEIGHT

35 LBS FOR MEN /25 LBS FOR WOMEN

LOADED AND UNLOADED CHALLENGE AVAILABLE

LOADED - WITH BERGEN UNLOADED - WITHOUT BERGEN

**TAKE THE CHALLENGE. OWN THE CHALLENGE. EVERY NOVEMBER.
TO SIGN UP FOR FREE VISIT WWW.THESCOTTYCHALLENGE.COM**

SCOTTY'S LITTLE SOLDIERS



Registered Charity No. 1136854