

TOUGH MUDDER CHALLENGES



Date Started:	
End Date:	

EUROPEAN ROAD TRIP

Complete 4 Challenges in 21 days (Mount Vesuvius, Hadrian's Wall, The Gladiator & Van Gogh), then complete 2 of 4 additional challenges each week.

	Mount Vesuvius	Hadrian's Wall	The Gladiator					Van Gogh	
	Elevation (metres)	Distance (kilometres)	Push-Ups	Stepback Lunges	Floor Wipers	Glute Bridges	Planks (seconds)	Historical Landmark	Date Completed
Challenge:	1,281	117	300	300	300	300	300	Eiffel Tower	
Completed:	0	0	0	0	0	0	0	The Acropolis	
Remaining:	1,281	117	300	300	300	300	300	Tower Bridge	
WEEK 1								Choose 2 of 4:	
								Kiss of Mud	Euro Trip
Date:									
Date:									
Date:									
Date:									
Date:									
Date:									
WEEK 2								Choose 2 of 4:	
								The Royal Family	Earl of Sandwich
Date:									
Date:									
Date:									
Date:									
Date:									
Date:									
WEEK 3								Choose 2 of 4:	
								Queensbury Rules	Pasta La Vista, Baby
Date:									
Date:									
Date:									
Date:									
Date:									
Date:									

ARE YOU UP FOR THE CHALLENGE?