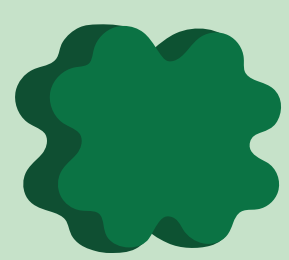


# *HIT THE GOLD*

# LUCKY

# 7

**7 REPS X 7 ROUNDS**



**SQUAT JUMPS**



**PUSH UPS**



**LUNGES** (7 EACH SIDE)



**MEDICINE BALL SLAMS**



**SIT UPS**



**HIP THRUSTS**

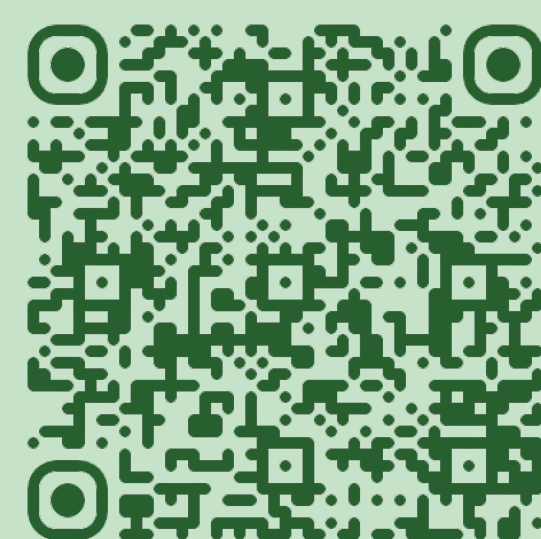


**17 MAR, 1130**

**MWR FITNESS CENTER, FREE**

*Register by 13 Mar*

*Fastest time wins. Prize for 1st male and female.*



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