



CHALLENGES

- 1** Buoy Pull (Coast Guard)- Three options of chain weight range:
Heaviest - With 3 strands of 15 foot chain
Medium - With 2 Strands of 15 foot chain
Lightest - With 1 Strand of 15 foot chain
- 2** Weighted Jump Ropes- 3lbs ropes (100 Reps)
- 3** Weighted Carry, Pull Ups, Sled Pull (US Army)- 40lb kettle bells/ 10 Pull ups or 30 Second Hang/Two sled options: one with 45 pounds and another with 90 pounds
- 4** Tire Flips & Log Carry (PA Army National Guard)
- 5** Weighted Lunges- Options of 5, 10, 15-pound weights
- 6** Inflatable Obstacle Course & Spin wheel of Exercises (Air Force)

GNC PITTSBURGH 4-MILE FITNESS CHALLENGE

May 4th, 2025

9:30 AM

● - Start ● - Finish
+ - Aid Station ● - Fluid Station

GNC
LIVE WELL