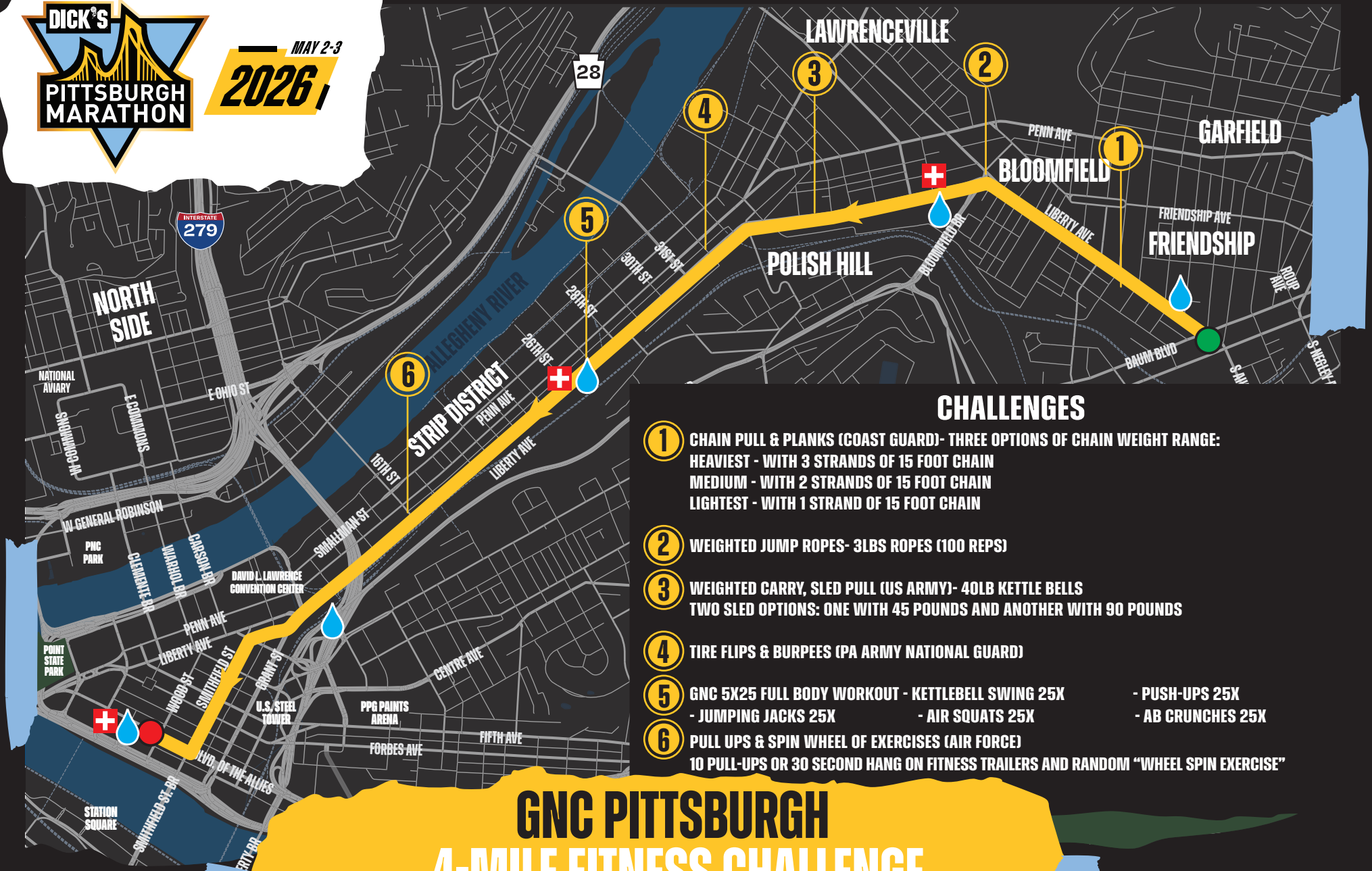
DICK'S PITTSBURGH MARATHON

MAY 2-3

2026



CHALLENGES

1. CHAIN PULL & PLANKS (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, SLED PULL (US ARMY)- 40LB KETTLE BELLS
   TWO SLED OPTIONS: ONE WITH 45 POUNDS AND ANOTHER WITH 90 POUNDS
4. TIRE FLIPS & BURPEES (PA ARMY NATIONAL GUARD)
5. GNC 5X25 FULL BODY WORKOUT - KETTLEBELL SWING 25X - PUSH-UPS 25X - JUMPING JACKS 25X - AIR SQUATS 25X - AB CRUNCHES 25X
6. PULL UPS & SPIN WHEEL OF EXERCISES (AIR FORCE)
   10 PULL-UPS OR 30 SECOND HANG ON FITNESS TRAILERS AND RANDOM "WHEEL SPIN EXERCISE"

GNC PITTSBURGH
4-MILE FITNESS CHALLENGE

MAY 3RD, 2026 - FIRST WAVE - 9:30 AM

- START
- FINISH
- AID STATION
- FLUID STATION

GNC LIVE WELL