



**THANK YOU FOR REGISTERING
FOR RAISING THE BAR!**

IMPORTANT EVENT DETAILS



LOCATION

Bulldog Bootcamp & CrossFit
1520 Hannah | Forest Park, IL | 60130
708.303.8855

PARKING

Limited parking is available in the lot surrounding the gym. Additional street parking is available on Circle Ave. Carpooling is recommended.

TEAM FUNDRAISING

- You will be assigned a fundraising page when you register
- You can personalize your page with your story, a fundraising goal, a thank you message to send to your donors, and pictures
- You can easily share your page via social media

THE WOD (WORKOUT OF THE DAY)

45 minute AMRAP

Prescribed (Rx):

50 wall balls (20/14)
50 American kettle ball swings (53/35)
50 double dumbbell shoulder to overhead (53/35)
50 kettle bell sit-ups (53/35)
50 double unders
50 double dumbbell lunges (53/35)
50 handstand push-ups
50 box jump overs (24/20)
50 puch-ups
200m run with medicine ball (20/14)

Scaled:

50 wall balls (14/10)
50 American kettle ball swings (35/20)
50 double dumbbell shoulder to overhead (35/20)
50 kettle bell sit-ups (35/20)
100 single unders
50 double dumbbell lunges (35/20)
50 seated press/off box
50 box jumps (20/16)
50 knee push-ups
200m run with medicine ball (14/10)

I Don't Normally Work Out, But I Like Erika...:

50 air squats
50 Russian kettle ball swings (pick weight)
50 double dumbbell shoulder to overhead (pick weight)
50 sit-ups
100 mountain climbers
50 lunges

50 seated press (pick weight)
50 box/plate step-ups
50 wall push-ups
200m run/walk

HEATS

- Heats will run at 7am, 8am, 9am, 10am and 11am
- Heats can have up to 20 people, or 10 teams of 2
- Sign up for your preferred heat during online registration, first come first served. For those who do not register in advance, they will be added to the next heat with available space.
- The workout can be completed with a partner (split reps any way) or alone (25 reps of each activity instead of 50)
- Please arrive at least 15 minutes prior to your heat so you can warm up

DAY OF ACTIVITIES

- Post-workout snacks: stick around for a cup of coffee, grab some post-workout snacks and hang out to watch others and see how you compare.
- Gift baskets: The top three fundraisers will receive a gift basket full of goodies to thank them for their efforts. Gift baskets will be distributed after the last heat ends at noon.
- Prize will be given to top Rx competitors (team and individual)
- Raffle tickets will be available for purchase. Raffle basket winners will be drawn after the last heat at noon. Winners need not be present to claim prize. Check ucpsequin.org for available baskets and to purchase tickets.