



ARE YOU COMFORTABLE WITH THESE MOVEMENTS?

- Tuck jump
- Burpee
- Overhead plate squat to depth of hips at knee height
- Hang clean
- Power press
- Bent over row from knees to belly
- Switch climber
- Box jump
- Lateral and vertical jump

THE GRIT GAMES ARE COMING!

Compete for glory and test your fitness at our 2nd annual GRIT Games, powered by Wilson's Fitness. Individually you will compete in a series of fitness challenges, inspired by Les Mills GRIT Series classes.

WHEN: JUNE 1ST 10-11AM

WHERE: MISSOURI ATHLETIC CENTER
2900 Forum Blvd.

WHO: Any Wilson's Fitness Member

ENROLLMENT: Registration closes May 30th
No cost. To register, e-mail Eblumberg8@gmail.com

- You do NOT have to currently attend GRIT classes, but you will have a big advantage if you do.
- There will be two categories to compete in. Register as EXPERIENCED if you have taken 10 or more GRIT classes, if you have not, please register as NOVICE!

PRIZES!!!

FIRST PLACE:
1 month of Team Training or Class Pass

SECOND PLACE:
Wilson's Apparel of your choice

THIRD PLACE:
Wilson's Insulated Tumbler

WILSONSFITNESS.COM