Lyon Center, F45 Studio
October 23rd - 27th, 2017

CHALLENGE YOURSELF!

The F45 Playoffs is the world's most innovative and challenging new fitness test. The disciplines selected include the following; speed, strength, agility, endurance, mobility and power. Designed by the world's leading functional training network.

10 STATIONS
45 SECONDS WORK
15 SECONDS REST
100 POINTS PER STATION, 1000 TOTAL

EXERCISES

Rowing
Bench Hops
TRX Push up + Knee Tuck
Lateral hops
Box Jump + Burpee
Chin Up
Squat + Press
Russian Twist
Deadball Over the Shoulder
Throw and Sprint + Lateral Hop

PRIZES: (MALE & FEMALE)
1ST PLACE: FITBIT
2ND PLACE: USC SWEATSHIRT
3RD PLACE: USC HYDRO FLASK

*Everyone who completes the 10 minute assessment will be entered in a drawing for Four Trader Joe’s Gift Cards!