

4 Weeks, 6 Exercises

21/07 - 12/08



# MPOWER LIFT CHALLENGE

*Empower Your Strength Goals, Together*

- Back Squat
- Bench Press
- Longest Plank Hold
- Longest Dead Hang

Name:

Starting Bodyweight:

Final Bodyweight:

MON	TUE	WED	THU	FRI	SAT	SUN

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