

Map exercises

-Mountain Merkins X10 (IC)

 -LBC X10 (IC)

 -Squats X10 (IC)

\*One rep added with each revolution

 - Mosey

 - Stairs

 -Lunges

 - Exercises on

 the map

 -Warm-up

 - Start/Finish

Each revolution=

Stair count: 131

F3 Detention's

"Stairway To Heaven"

We shall leave no

stair untouched

"Stairway to Heaven"

We shall leave **no** stair untouched