* Providing a challenge to the seasoned gym goers.
* Not sure how to do each exercise? Check out the “How to” section of the [guide](https://www.gainstopia.com/1-hour-gauntlet)!
* As ever, record the time it takes for you to complete the entire workout. Able to do it in less than 45 minutes? Great! This means you’re ready to increase the weight slightly, increase the numbers on this document ready for next time.

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| THE GAUNTLET (Advanced) |
| Exercise |
| +10kg Pull Ups (15) |
| 90kg Deadlift (30) |
| 40kg 2’ Dumbbell Bench Press (30) |
| 30kg 4° Bench Dumbbell Rows, Overhand Grip (30) |
| 60kg Barbell Squats (30) |
| 60kg Wide Upright Row (30) |
| 60kg Front Military Press (30) |
| +10kg Close Grip Chin Ups (15) |
| 5kg Floor Wipers (30) |
| 90kg Shrugs (30) |
| +10kg Dips (30) |
| 5kg Sit ups on Bicep Machine (30) |
| +10kg Pull Ups (15) |
| 2x70kg Normal, Wide, Narrow Calf Press (3x15) |
| TOTAL REPS (360) |
| Date | **Time** | **Notes** |
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