* Fancy yourself an elite athletic workout? Try this out for size.
* 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 (Elite) | | |
| Exercise | | |
| +25kg Pull Ups (15) | | |
| 120kg Deadlift (30) | | |
| 50kg 2’ Dumbbell Bench Press (30) | | |
| 40kg 4° Bench Dumbbell Rows, Overhand Grip (30) | | |
| 100kg Barbell Squats (30) | | |
| 100kg Wide Upright Row (30) | | |
| 100kg Front Military Press (30) | | |
| +25kg Close Grip Chin Ups (15) | | |
| 15kg Floor Wipers (30) | | |
| 120kg Shrugs (30) | | |
| +25kg Dips (30) | | |
| 15kg Sit ups on Bicep Machine (30) | | |
| +25kg Pull Ups (15) | | |
| 2x100kg Normal, Wide, Narrow Calf Press (3x15) | | |
| TOTAL REPS (360) | | |
| Date | **Time** | **Notes** |
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