## Intermediate

## **CareFlight** CHALLENGE

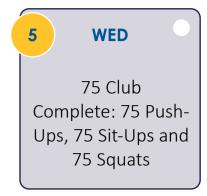
## FITNESS PROGRAM











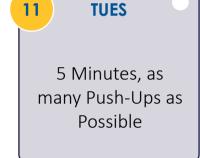


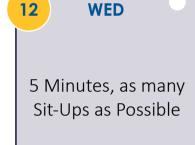












**WED** 

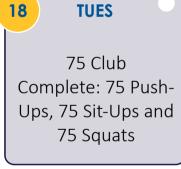




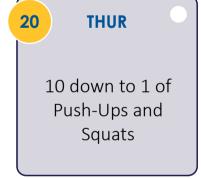








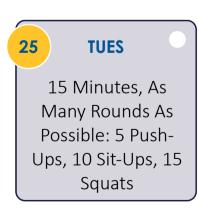












26 WED
Walk 1000m, carrying 10kg in each hand





