

Missions Fitness Challenge



The last Friday of every month from 6-7pm at Missions Fitness, the trainers put on physical challenges like:

- longest plank hold
- Longest hand/headstand
 - Most squats
 - Fastest mile
- Most push/pull-ups
- Most sit-ups



Every event winner gets a prize and the chance to win the final Gauntlet challenge to be USD's Fittest Torero and get a fabulous grand prize!



To enter the challenges, email serenaboyd@sandiego.edu or stop by Missions Fitness for more information