



Total Amount Raised \_\_\_\_\_

**Event Description: “Power of 10 Event”**

**10 Movements\Activities will be performed. You will add up the total weight moved in three rounds of the “Power of 10” circuit! The theme will be around increments of 10 or reps of 10 per set!**

**Sled Push**

**Sled Pull**

**Deadlift**

**Squat Variation of Choice**

**Body Wt. Inverted Row Variation**

**Overhead Press**

**MB Side Slams**

**KB Swing**

**Bench Press**

**Ball Overhead Slams**

**Have fun getting a fulfilling workout and raise some great support for LLS!**



## Event Tracking Form

Movement	Set 1	Set 2	Set 3	Total
Sled Pull				
Sled Push				
Deadlift				
Squat				
Row				
OH Press				
Side Slam				
Swing				
Bench				
OH Slam				

**Total Wt. Moved \_\_\_\_\_**

**Use total weight moved as a multiplier for pledges from your sponsors..**