



REGISTER THROUGH
THE MONTH
OF AUGUST
AT HMR PFC.



\$5 CHALLENGE

CHALLENGE YOURSELF TO COMPLETE THE
MAHI'AI (FARMER) CHALLENGE.

USING THE HONOR SYSTEM, YOU WILL

CHOOSE YOUR FITNESS:

LEVEL 1 = 3 SETS

LEVEL 2 = 4 SETS

LEVEL 3 = 5 SETS

REST UP TO 2 MINUTES BETWEEN SETS.

COMPLETE THE WORKOUT IN THE MONTH OF AUGUST.

UPON COMPLETION PARTICIPANTS WILL RECEIVE A WRISTBAND.



10 farmer carry steps

10 shrugs

10 shrugs

shrugs

upright rows

SCAN ME



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