



JOIN US!

2023 F45 PLAYOFFS

\$20 Entry Fee For All Competitors

All proceeds benefit
The Rockaway Township Substance Abuse Alliance

May 18, 2024 | 9 am start

F45 TRAINING EAST HANOVER | 240 NJ 10 West, East Hanover, NJ

THE TEST INCLUDES:

10

STATIONS

45

SECONDS WORK

15

SECONDS REST

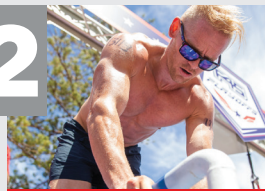
1



ROWING

TARGET: 290m

2



BENCH HOP

TARGET: 95

3



**PUSH UP
KNEE TUCK**

TARGET: 57

4



LATERAL HOP

TARGET: 130

5



**BURPEE &
BOX JUMP**

TARGET: 20

6



CHIN UPS

TARGET: 25

7



**SQUAT &
PRESS**

(30KG MALE -
15KG FEMALE)
TARGET: 36

8



**RUSSIAN
TWIST**

TARGET: 87

9



**DEADBALL
OVER
SHOULDER
THROW**

TARGET: 27

10



**SHUTTLE
SPRINT &
LATERAL HOP**

TARGET: 15

**VENDORS AND FOOD
WILL BE AVAILABLE**

TO REGISTER

Email easthanover@f45training.com
or call 973-908-0590

TO MAKE A DONATION

positive choices
a brighter future

rockaway township substance abuse alliance

