



REED WEIGHT ROOM CHALLENGE

30 DAY AB & SQUAT CHALLENGE

Sign up *by* Wednesday, September 16th

Choose from a beginner or advanced plan:

- Beginners start at 5 sit ups, 5 crunches, and 5 squats and progress to 50 sit ups, 50 crunches and 50 squats
- Advanced participants start at 10 sit ups, 15 bicycle crunches, and 30 squats and progress to 80 sit ups, 80 crunches, and 100 squats

Complete and turn in by Friday, October 16th for your chance to
win a prize!

Practice 6 different types of crunches

Sign up today at the Reed Park front desk



TULSA PARKS

Reed Park (918) 591-4307
4233 S. Yukon Tulsa, OK 74107

