

BULLDOG
BOOT CAMP ★ CROSSFIT



**THANK YOU FOR REGISTERING
FOR RAISING THE BAR!**

IMPORTANT EVENT DETAILS



LOCATION

Bulldog Bootcamp & CrossFit
1520 Hannah | Forest Park, IL | 60130
866.966.3966

PARKING

Limited parking is available in the lot surrounding the gym. Additional street parking is available on Circle Ave. Carpooling is recommended.

TEAM FUNDRAISING

- You will be assigned a fundraising page when you register
- You can join with friends or family to create a team page
- You can personalize your page with your story, a fundraising goal, a thank you message to send to your donors, and pictures
- You can easily share your page via social media

THE WOD (WORKOUT OF THE DAY)

This is a partner workout, with a cap of 25 minutes
Complete reps between partners, split any way:

Prescribed:

Partner plate run 200m

100 double unders
80 plate squats 45/35
60 partner medicine ball sit ups 20/14
40 partner burpees
20 dead lifts 225/155
Partner plate run 200m

Scaled:

Partner plate run/walk 200m

200 single unders
80 plate squats 25/10
60 partner medicine ball sit ups 14/10
40 burpees
20 dead lifts 155/105
Partner plate run/walk 200m

I Don't Normally Work Out, But I Like Erika...:

Partner plate walk 200m, 10 pound plate
100 mountain climbers
80 air squats
60 partner sit ups, high five in the middle
40 squat thrusts
20 dead lifts, pick your weight or tap your plate on the ground
Partner plate walk 200m, 10 pound plate

HEATS

- Heats will run at 7am, 7:30am, 8am, 8:30am, 9am, and 9:30am
- Heats can have up to 20 people, or 10 teams of 2
- Sign up for your preferred heat to reserve a spot, first come first served. For those who do not sign up in advance, they will be added to the next heat with available space. You will be sent an email notifying you when you can sign up for a heat via SugarWOD (if you are currently a member of the gym) or via a link in the notification email
- If you do not have a partner, one can be assigned to you the day of the event
- Please arrive at least 15 minutes prior to your heat so you can warm up

DAY OF ACTIVITIES

- Pop up shop: check out Seguin Gardens and Gifts! This store is a part of UCP Seguin, and features a variety of local products as well as "UCP Seguin Made" items. It provides employment opportunities for adults with disabilities who make ceramics, jewelry, aprons, and fudge to sell, who grow and sell plants, and who work on the retail side of the store.
- Post-workout snacks: stick around for a cup of coffee, grab some post-workout snacks and hang out to watch others and see how you compare.
- Gift baskets: The top three fundraisers will receive a gift basket full of goodies to thank them for their efforts. Gift baskets will be distributed after the last heat ends at 10am. Baskets include a ProPur water filtration pitcher, protein powder, boxing personal training lessons, gym equipment, and more!