

DEKAFIT™

RUN / WALK / JOG 500M PRIOR TO EACH DEKA ZONE.

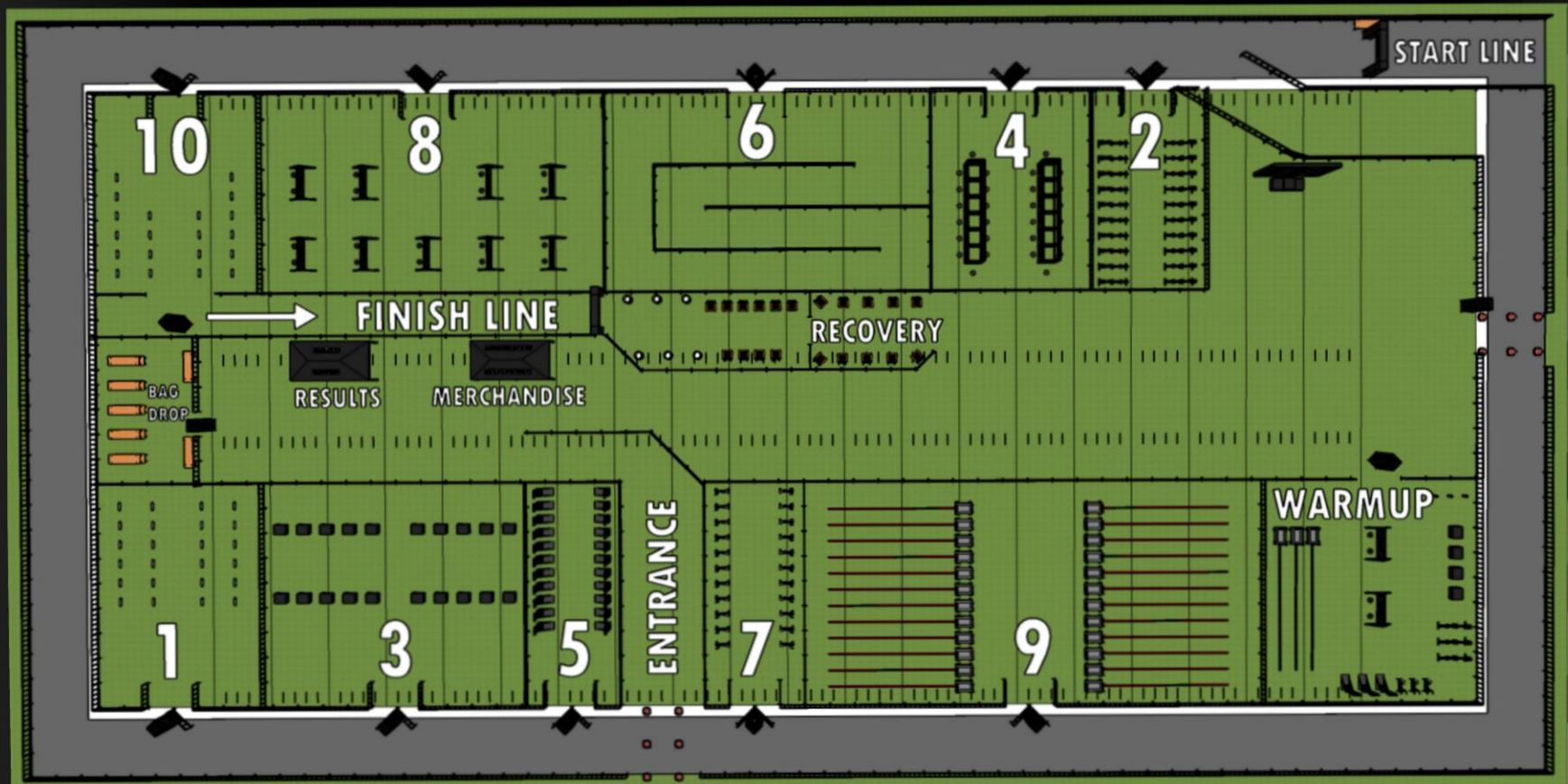
WEIGHTED BURPEES

DEAD BALL WALL OVER

FARMERS CARRY

MED BALL SITUP
THROW

500M ROW



WEIGHTED ALTERNATING
REVERSE LUNGE

BOX JUMP OVER

SKI ERG

ASSAULT AIR BIKE

TANK PUSH/PULL

EARN YOUR DEKA MARK!