## Beginner



## FITNESS PROGRAM











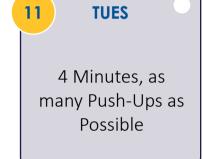


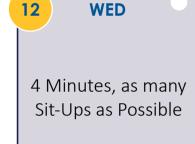




















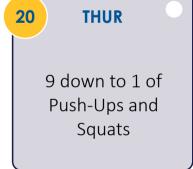




**TUES** 

18



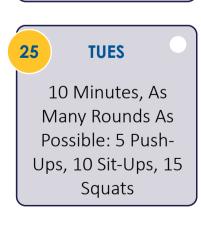










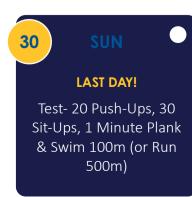












### Intermediate

# CareFlight TERRITORY CHALLENGE

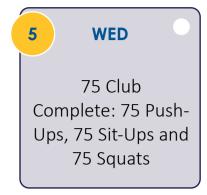
## FITNESS PROGRAM











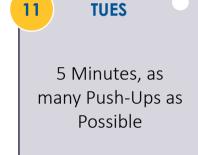


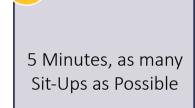








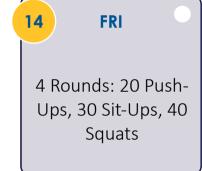




**WED** 

12





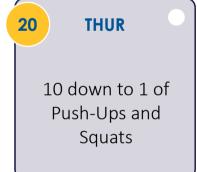










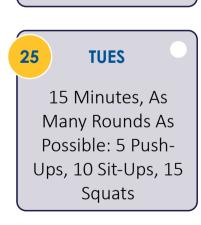






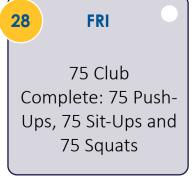






26 WED
Walk 1000m, carrying 10kg in each hand









#### Advanced



### FITNESS PROGRAM



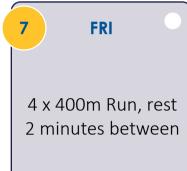








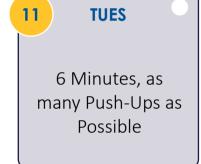


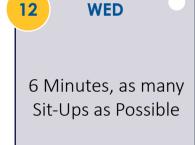












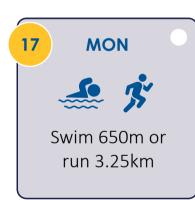
**WED** 



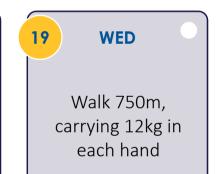


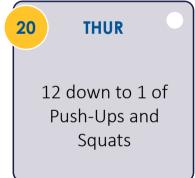




















26 WED
Walk 1000m, carrying 12kg in each hand







