



SCOTTY CHALLENGE

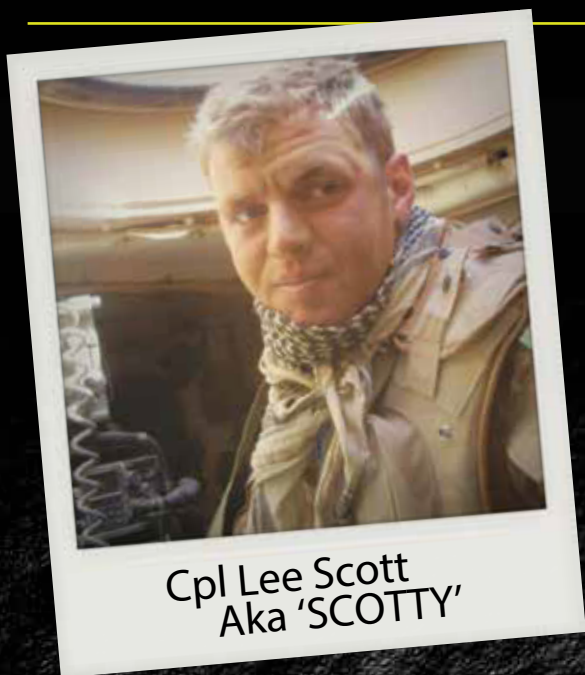
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REP CHALLENGE

FROM 1ST JUNE UNTIL THE 30TH SEPTEMBER



IN SUPPORT OF
**SCOTTY'S
LITTLE
SOLDIERS**
The charity for children of the fallen



Cpl Lee Scott
Aka 'SCOTTY'

Our Hero WOD

THE CHALLENGE:

The Scotty Challenge is inspired by Cpl Lee 'Scotty' Scott of the 2nd Royal Tank Regiment who was killed in action whilst serving with the British Army in Afghanistan on the 10th July 2009.

Lee was a committed Soldier who only put one thing ahead of his love for the Army, his family. This challenge is our very own 'hero' WOD in memory of Scotty and in support of the charity Scotty's Little Soldiers, founded by his widow Nikki.

TO TAKE PART:

1. Register at WWW.THESCOTTYCHALLENGE.COM
2. Complete the WOD
3. Post your time
4. Top the online leaderboards!

THE CHARITY:

Scotty's Little Soldiers is a charity dedicated to supporting children & young people who have lost a parent whilst serving in the British Armed Forces.

Inspired by the experience of Army widow Nikki Scott following the death of her husband Cpl Lee Scott, the charity is currently providing assistance to hundreds of bereaved Forces children around the UK.

THE WOD:

ALL EXERCISES TO BE FULLY COMPLETED BEFORE MOVING ON TO THE NEXT. COMPLETE WITH WEIGHTED BAG
E.G. SANDBAG, POWERWAVE BAG, BERGEN ETC. MENS: 20KG / WOMENS: 12KG

- | | | |
|----------------------|--------------------------|--------------------------|
| >> 1 MILE RUN | >> 100 STEP UPS | >> 100 BAG OVER SHOULDER |
| >> 100 SLAMS | >> 100 SHOULDER TO PRESS | >> 100 ALT SQUAT THRUSTS |
| >> 100 SQUAT JUMPS | >> 100 WALKING LUNGES | >> 100 BURPEES |
| >> 100 CLEAN & PRESS | >> 100 PULL THROUGHES | >> 1 MILE RUN |

SEE THE STANDARDS &
SCALE OPTIONS ONLINE AT
WWW.THESCOTTYCHALLENGE.COM

EVENT DETAILS:

THE SCOTTY CHALLENGE IS TAKING PLACE HERE ON _____ AT _____

THE ULTIMATE HERO WOD

JOIN THE COMMUNITY:



or: ✉ events@scottyslittlesoldiers.co.uk