



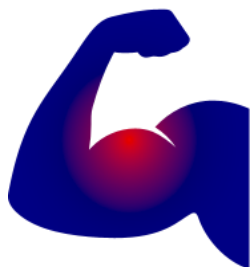
SHOW US WHAT YOU'VE GOT!

YMCA OF GREATER LOUISVILLE



MEMORIAL DAY CHALLENGE 2026

★ FREE CHALLENGE • NO REGISTRATION REQUIRED ★

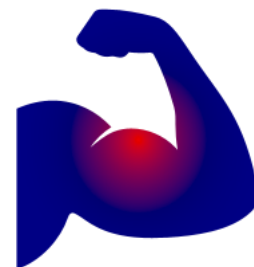


Stop by your branch on Memorial Day, May 25 to test your strength and stamina with the Memorial Day Challenge!



Start training four weeks before!
Follow the training schedule posted in the Wellness Center.

SCAN HERE for training schedule



YOU'LL HAVE BRAGGING RIGHTS WHEN YOU COMPLETE:

1 mile run

modification: 1 mile walk

100 pull-ups

modification: 100 row machine pulls or 100 dead rows with a bar

200 push-ups

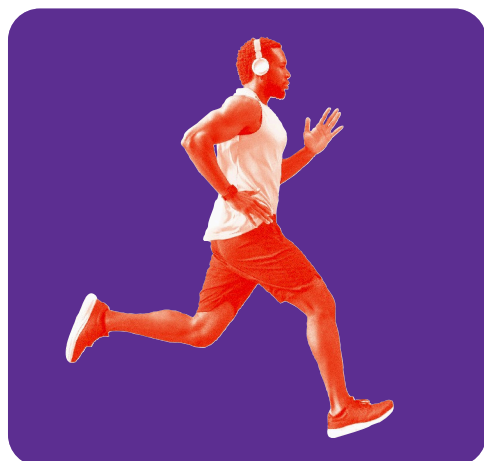
modification: 200 chest presses

300 body weight squats

modification: 300 leg lifts

1 mile run

modification: 1 mile walk



All levels welcome—modifications are available with the training schedule.



MEMORIAL DAY CHALLENGE 2026



FULL WARRIOR CHALLENGE

(with a 20lb weighted vest)



- 1 mile run
- 100 pull-ups
- 200 push-ups
- 300 body weight squats
- 1 mile run



MODIFICATIONS

Modifications to the challenge can be as follows:

- ¼ mile run
- 25 pull-ups (3 sets)
- 50 push-ups (3 sets)
- 75 squats (3 sets)
- ½ mile run

or

- 25 pull-ups (1 set)
- 50 push-ups (1 set)
- 75 squats (1 set)
- ¼ mile run

or

- PULL UPS:**
- Row machine or dead rows with a bar
 - Assisted pull ups with the counter weight
 - Pull up on the cable machine
 - Use a band looped on the pull up area in the center of the cable machine

- PUSH UPS:**
- chest presses
- SQUATS:**
- leg lifts

TRAINING SCHEDULE

4 WEEKS • 3 DAYS A WEEK



WEEK 1

DAY 1 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (4 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 3

DAY 1 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 2

DAY 1 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (6 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

WEEK 4

DAY 1 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 2 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats

DAY 3 (8 rounds):

.25 mile run, 30 second plank, 5 pull ups, 10 push ups, 15 air squats