

**Champion's Rx Entry Form: SAMPLE**

Name of the Workout: Can't wait for the weekend

Entrant's Name: Joe Smith

Entrant's City and State: Miami Fl.

Email Address: [joesmith@example.com](mailto:joesmith@example.com)

Are photos or video included?  no  (If so please attach to email)

Please circle appropriate league and list the workout below, starting with the amount of sets and reps to be performed:

**League A B C**

**League A B C**

**League A B C**

**Sets/Reps** 12 -10-8

12-10-8

12-10-8

Workout:

Workout:

Workout:

TRx push ups

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\_\_\_\_\_

Wall balls

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\_\_\_\_\_

Pull ups

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Roll outs

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\_\_\_\_\_

Rowing

\_\_\_\_\_

\_\_\_\_\_

Kettle Bell swing

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E- Signature: \_\_\_\_\_

By typing your name on the above line you are validating that this is your authentic work and you are releasing its content to NCHPAD.

**Applicant must also provide a written description of each exercise listed to be considered for posting.**