



GLADIATOR REP RUN
2017 RACE COURSE MAP

The 4.5k (2.8 mi) Rep Run includes:
2 LAPS AROUND THE SUPERDOME

200 STAIRS
8 RAMPS

9 UNIQUE CHALLENGES LED BY OCHSNER FITNESS CENTER
225 REPS TOTAL

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1
<i>OFC Grit</i>
180 Degree Squat Jumps |
2
<i>OFC Group Fitness</i>
MMA Abs |
3
<i>OFC I CAN DO IT program</i>
Lunges |
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4
<i>OFC Military Boot Camp</i>
Push Ups |
5
<i>OFC Olympic Strength & Speed</i>
Burpees |
6
<i>OFC Pilates</i>
Standing Crunch |
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7
<i>OFC Body Combat</i>
Boxing combo (front kick, back kick) |
8
<i>OFC Kidsports</i>
Jumping Jacks |
9
<i>OFC Personal Training</i>
Plank Shoulder Taps |

