



November 2025

AWE





CHAD 1000X

1,000 box step-ups

Completed as a team, partner, or individual for time.

3 OPTIONS:

1. Slick // No weight. You pick the height of the step-ups.
2. Choose Your Own Weight from 8 to 30 lbs using either Spy Ruck, Rucking Weight Vest, or a Rucker. You pick the height of the step-ups.
3. Expert // 45 lb Rucker. Use a 20" box for step-ups.

Function Check

Sandbag Thruster - max
reps in 2 minutes

*each rep must have full
depth squat and full
lockout overhead

RUCKING Challenge

Ruck a 5k (3.1 miles) each
week in November & if possible
join a turkey trot in your
area on Thanksgiving day or
find a buddy to ruck with!