

Description of The 300 Workout: 25 Pull Ups, 50 Deadlifts with 135 lbs, 50 push ups, 50 Box Jumps, 50 Windshield Wipers, 25 Flip and Press with 35 lb Dumbbell each arm, 25 Pull Ups

This is what you could win:
\$25.00 gift certificate to ANC



Prolab Amino 2000



Prolab 600 gr creatine



ANC keychain



ANC t-shirt



Shaker



Gaspari gym bag full of samples



Gaspari wrist wraps



Redline drink



Met-RX magazine



Cardillo boots



Cardillo 110 training belt