Choctaw Nation
Wellness Center

Kettlebell Deadlift Challenge

Wellness Staff will date and initial

WK 1: S1: _____ S2: _____ S3: _____

WK 2: S1: _____ S2: _____ S3: _____

WK 3: S1: _____ S2: _____ S3: _____

WK 4: S1: _____ S2: _____ S3: _____

Name:_____

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