



DEKA TRAINING



SAT, OCT 29 - DEC 3, 2022
9:00-10:00 AM
DOWNTOWN BRANCH
63 North Main Street
Attleboro, MA

\$75, Y Members
\$135, Non-Members

Register Online



**100-Meter
Tank Push/Pull**

Did you try the DEKA Strong event back in August, and want to improve your time? Or, maybe you saw our social media posts about the event, and want to train for our next event? Now is your chance! This is both a great workout, and a great way to train for your first event-or, your tenth! The Attleboro Norton YMCA will help you achieve your personal bests through a combined use of the 10 DEKA zones used in the event along with other conditioning exercises.

QUESTIONS? Contact:

Cam Palardis,
Health & Wellness Director
cpalardis@attleboroyymca.org
(508) 409-0773

10 DEKA ZONES

- 30 RAM Alternating Reverse Lunges
- 500-Meter Row
- 20 Box Jump Step Overs/Jump Overs
- 25 Lb. Medicine Ball Sit-Up Throws
- 500-Meter Ski Erg
- 100-Meter Farmer's Carry
- 25-Calorie Air Bike
- 20 Dead Ball Wall-Overs
- 100-Meter Tank Push/Pull
- 20 RAM Burpees

DEKA events are designed to allow all levels of fitness to come together and celebrate fitness on the same day, in the same area, using the same standards.

SAVE THE DATE for OUR NEXT DEKA EVENT
SAT, DEC 10 at 8:00 AM

REGISTER ONLINE at bit.ly/3BfIEb6
or scan QR code above