

ATS FITNESS PRESENTS

MARCH

MADNESS

2ND-29TH

**4 WEEKLY
CHALLENGES**

\$50 CASH PRIZES

2026

WEEK 1: 500 MED BALL SIT-UPS

WEEK 2: 400 BALL SLAMS

WEEK 3: 300 WALL BALL SHOTS

WEEK 4: 200 BALL SLAM BURPEES

GRAND PRIZE \$250

Participants must complete ALL 4 weekly challenges to be eligible for the GRAND PRIZE drawing.