

EARTH DAY CHALLENGE



Scav Ruck - Earth Day Edition

Pick your resistance - bodyweight or ruck weight. For ruck weight, we recommend 10 to 20 lbs for Eagles under 150lbs, or 20 to 30lbs for Eagles over 150lbs. Backpack with water or books for little Eagles. Take a Trash bag along for the items to be picked up, recycle items if possible.

Scavenger Hunt List

- | | |
|-------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Find 3 different types leaves | <input type="checkbox"/> Find 3 different types of flower |
| <input type="checkbox"/> A discarded plastic item (pick-up) | <input type="checkbox"/> Tin or aluminum can (pick-up) |
| <input type="checkbox"/> 3 different color/types of birds | <input type="checkbox"/> Butterfly or flying insect |
| <input type="checkbox"/> A Bee or flying insect | <input type="checkbox"/> A body of water or fountain |
| <input type="checkbox"/> A squirrel or other wildlife | <input type="checkbox"/> A flat or round rock |
| <input type="checkbox"/> Dog or Cat | <input type="checkbox"/> A pinecone or seed |
| <input type="checkbox"/> A discarded glass item (pick-up) | <input type="checkbox"/> Another item of trash (pick-up) |
| <input type="checkbox"/> A discarded cup (pick-up) | <input type="checkbox"/> Find 3 different types of trees |

Optional: For every missed item complete one round of the following workout for every item you missed.

3 Ruck Deadlifts
3 Ruck Swings
3 Ruck Squats

Example: If you miss 3 items, you must complete all 15 reps 3 times. Be sure to check-in and post about your rucking adventures in the App & on the Team RWB Rucking Facebook page.