



THE EXTREME ENDURANCE “KAREN” CHALLENGE

Kick “Karen” in the acid and put a stop to muscle burn with Extreme Endurance (Xendurance in the EU). It's as easy as one, two, three. We are no BS, we are PS, proven by science and supported through published clinical and open label tests. This makes our facts verifiable and the results repeatable. That is why we know you will kick “Karen” in the acid. Extreme Endurance reduces lactic acid by 15%, lowers CK levels, reduces muscle soreness, speeds recovery and improves performance.

INSTRUCTIONS:

Step 1: Purchase Extreme Endurance at your local Box or at xendurance.com.

Step 2: Start the “Karen” Challenge after you have had a rest day. This is important because for optimal results, you need to take one full rest day before doing the first “Karen” WOD. The “Karen” WOD consists of 150 wall balls for time using the prescription sized wall ball. You can do your normal weeks workouts, but **NO** wall balls for a week between your “Karen” WODS.

Step 3: After you finish your first “Karen” WOD, begin taking 6 tablets of Extreme Endurance; 3 in the morning and 3 in the evening everyday for the next week. Once again, it is important you rest the day before you do the “Karen” WOD for the second time. Please be sure you do the “Karen” WOD on the same day of the week you started this test.

5 Things To Think About During Your Karen Challenge:

- 1. Your time on Karen WOD #1. Your time Karen WOD #2.**
- 2. How big are your sets on Karen WOD #1 and then on Karen WOD #2.**
- 3. Your soreness level after Karen WOD #1 and then after Karen WOD #2.**
- 4. Your breaks between sets on Karen WOD #1 and then on Karen WOD #2.**
- 5. Your burn level during Karen WOD #1 and then on Karen WOD #2.**

NOW GO KICK KAREN RIGHT IN THE ACID!