

Fitness Goals

Jackson Flinn

Goals

- 80 Push-ups in 2 minutes
- 20 pull-ups
- 2-mile run in 12:30 minutes
- 5-mile run in 33:00 minutes
- 16-mile hike w/ 65 lbs pack in 4 hours and 30 minutes
- 15-meter swim with full gear
- 240 lbs bench press