LUNGES
OVERHEAD PRESS
SQUATS
CURLS

TRIP PLAN
&
FARE STAND
CITY OF ALEXANDRIA VIRGINIA
WELCOME TO
Onelife
FITNESS

ALEXANDRIA
TRADEMARK
VIRGINIA

-Power Hour-
RELAY
TEAM
TIME
Team 6
4:17
Team 7
5:07
Team 8
OBLON HR
Planning + Zoning
GC
YOUR MIND GIVES UP BEFORE
YOUR BODY DOES!
SUCK IT UP NOW SO YOU WON'T HAVE TO
SUCK IT IN LATER!
2 MILLION DOLLAR
Onelife
Delivering the Ultimate Fitness E

Onelife
FITNESS