



Ogilvie Challenge

March 23 at 0700 hours at Salem Stadium

This is a partner workout with body armor. This is done to honor the ultimate sacrifice by one of our brother officers, Covington Police Officer, Caleb Ogilvie.

This event is done at your own risk and Cardinal Academy and the City of Salem, VA. assume no risk or liability.

Body armor

4 rounds of the following tasks

- 800 meter run
- 48 butterfly situps
- 48 slamball thrusters
- 48 burpees
- 48 pushups