The Official Workout for the Cheru Challenge

Did you know that young girls travel an average distance of 6k with heavy (40 lb) jerry cans to get their families water? The Cheru workout will incorporate these same elements and distances to lift this burden from girls like Cheru forever. While this workout is not going to be easy, it is scalable for any fitness level.

"Cheru" (can be done as an individual or partner workout*)

8 rounds for time

600m run

19 jerry can** squats

25 sit-ups

25 jerry can swings

*If done as a partner workout, partner A will run, while partner B completes the squats, sit-ups, and swings. Then, the partners will switch. Each person will end up doing four rounds each.

**Jerry cans completely full are comparable to a 44# kettlebell, half-full jerry cans are comparable to a 26# kettlebell. Therefore, kettlebells can be substituted for jerry cans.