

Squads of 3-4 people will work to complete up to 3 courses via Zoom video chat. Squads have the option to complete all three courses, but are only required to participate in one. Squads can choose as a group to do level 1 or level 2 for each course. All of the squad's individual scores will be added together for a total score.



COURSE 1

We will divide your squad into two smaller groups. Depending on the level your squad chooses to participate in, your small group will have 30 seconds or 45 seconds to complete as many reps possible in that time. Once group 1 has completed their reps, we will immediately go to group 2 to complete their reps. This will continue until both groups have completed two intervals.

Level 1	
Station	Interval Time
Low Hurdle Shuffle	30 seconds x 2
Push-Ups	30 seconds x 2
Squats	30 seconds x 2
Bicycle Crunches	30 seconds x 2
Tricep Dips	30 seconds x 2
Low Jacks	30 seconds x 2
Plank	90 seconds

Level 2	
Station	Interval Time
Low Hurdle Shuffle	45 seconds x 2
Push-Ups	45 seconds x 2
Bulgarian Squats	45 seconds x 2
V-Ups	45 seconds x 2
Tricep Dips	45 seconds x 2
Burpees	45 seconds x 2
Plank	2 minutes

COURSE 2

Depending on your level, your squad will have 2 or 3 minutes to complete as many rounds of the exercises as you can. Completion of each 3 exercise set equals 3 points and each individual exercise set equals 1 point. You must complete exercises in the specified order. For example, on station 1 if a participant completes 3 full rounds and 1 set of bicycle crunches, they will receive 10 points for that station.

Station 1	Station 2	Station 3
Level 1: 2 minutes Level 2: 3 minutes		
5 bike crunches per leg	5 side lunges per leg	5 lunges
5 tricep dips	5 Russian twists (with an object in hand)	5 leg lifts
5 sumo squats	5 up-down planks	5 mountain climbers per leg

BONUS

Level 1 Station
90 second wall sit

Level 2 Station
2 minute wall sit

COURSE 3

Level 1 Station
1 mile walk/run

Level 2 Station
2 mile walk/run