

The Challenge Is Timed: 24 Minutes

STATION 1 – BODYWEIGHT

Working in Pairs/Alternating. Each pair completes 2 Rounds

Equipment: Bodyweight & Team Kettlebell 35lb

Movements: 2 Rounds Each Pair Working Together.

- 2 Shuttle Runs (out & back, 100 feet)
- 2 Broad jumps (out & back, 100 feet)
- 1 Suitcase Carries 35lb KB (out and back 100 feet, can be done individually or as a pair).

Synchronized Team Movements at Completion of Round 1 and 2.

- 25 Jumping Jacks
- 5 Burpees - *with chest and thighs on the ground together at the same time”.

Step By Step:

1. **Pair A** begins 1st Round Shuttle Runs, Broad Jumps, Farmer Carries. Rests.
2. **Pair B** begins 1st Round Shuttle Runs, Broad Jumps. Farmer Carries. No rest.
Team immediately begins synchronized exercises.
3. *Team Synchronized Exercises: 25 Jumping Jacks and 5 Burpees.*
4. **Pair A** begins 2nd round Shuttle Runs, Broad Jumps. Rests.
5. **Pair B** begins 2nd round Shuttle Runs, Broad Jumps. No Rest.
Team immediately begins synchronized exercises.
6. *Synchronized Team Exercises: 25 Jumping Jacks and 5 Burpees All Together.*
7. Upon completion immediately move to Stations 2.

STATION 2 – DUMBBELLS (DB)

Working in Pairs/Alternating: Each pair completes 2 rounds.

EQUIPMENT: Dumbbell: Weight: Male 15lb/Female 10lb & Team Weight 35lb Kettlebell

MOVEMENTS; All done in sync w/ partner:

- 15 DB Dead Lift (sync at waist)
- 15 DB swings to eye level (sync at eye level)
- 35lb Kettlebell Out and Back Carry (100 feet) Pairs will carry the weight together, not individually.

STEP BY STEP:

Pair A begins all movements in sync and out & back Kettlebell carry completing their 1st round. Rests.

Pair B begins all movements in sync and out & back Kettlebell carry completing their 1st round. Rests.

Pair A begins all movements in sync and out & back Kettlebell carry completing their 2nd round. Rests.

Pair B begins all movements in sync and out & back Kettlebell carry completing their 2nd round and Team immediately moves to Station 3.

STATION 3 – SLOSH PIPE

Working in Pairs/Alternating: Each pair completes 1 Round.

EQUIPMENT: Slosh Pipe and Team 35lb KB

MOVEMENTS: “*Press / Run / Press*”

- 10 Slosh Pipe Sit Ups (All 4 Teammates)
- 10 Shoulder top Overhead Press (in Pairs) PRESS
- 1 Lap with Slosh Pipe (In Pairs) RUN
- 10 Shoulder top Overhead Press (in Pairs) PRESS
- Static Hold w/35lb KB (In Pairs)
- **Working in Pairs:** In order:
 - 10 Slosh pipe partner shoulder to overhead **press**,
 - 1 Lap **run** with slosh pipe – 250 Feet.
 - 10 slosh pipe partner shoulder to overhead **press**

**While one Pair is running lap, the other Pair is holding the 35lb KB until their return and then exchange slosh pipe and KB and continue the next round.

STEP BY STEP:

1. **Team** 10 Slosh Pipe Team Sit Ups (All 4 Teammates).
2. **Pair B** picks up 35lb KB in Pair static hold while Pair A begins round and for the remainder of the time at this station the 35lb KB **NEVER TOUCHES THE GROUND** until it is time for the final Team Slosh Pipe Sit Ups.
3. **Pair A** begins 10 Shoulder to Overhead Presses, runs 1 Lap with Slosh Pipe, completes 10 Shoulder to Overhead Presses and passes slosh Pipe to Pair B and takes 35lb KB in Pair static hold while Pair B completes their round.
4. **Pair B** begins 10 Shoulder to Overhead Presses, runs 1 Lap with Slosh Pipe, completes 10 Shoulder to Overhead Presses. Move to Team Sit Ups.
5. **Team** - 20 Sloth Pipe Team Sit Ups (All 4 Teammates)
6. Immediately completing Sit Ups Team transitions to Station 4.

STATION 4 – SANDBAGS

Working in pairs/Alternating: Each pair completes 2 rounds.

EQUIPMENT: Sandbags and 35lb Kettlebell Weight: Males 40lbs/Female 20lbs

MOVEMENTS: Working in pairs; Each pair completes 2 rounds.

- 10 synchronized Sandbag ground to shoulder (sync at shoulder)
- 10 synchronized Sandbag front squats (sync in squat)
- 10 synchronized Sandbag shoulder press (sync Overhead)
- **35lb Team Kettlebell swings for the win (see below for instructions)

STEP BY STEP:

1. **Pair A** begins sandbag ground to shoulder, front squats, shoulder presses.
Completes 1st round. Rests.
2. **Pair B** begins sandbag ground to shoulder, front squats, shoulder presses.
Completes 1st round. Rests.
3. **Pair A** continues sandbags ground to shoulder, front squats, shoulder presses.
Completes 2nd round. Rests.
4. **Pair B** continues sandbag ground to shoulder, front squats, shoulder presses.
Completes 2nd round. No rest.
5. **Team Weight Kettlebell Swings AS MANY as possible. Only 1 team member working / 3 resting. Switch out as team desires.**

THIS IS WHERE IT COUNTS FOR THE WINNING TEAM:

Use remaining time to accumulate as many Kettlebell swings as possible, the Team that has the MOST accumulated Kettlebell swings takes 1st Place.