

Team Workout

Quick reference sheet for the gym floor

Event 1 - Relay Race

12 minutes

- 6 burpees
- 12 goblet squats
- 10 push-ups
- 20 mountain climbers (10 per side)
- 5 box jumps
- 2 shuttle runs

Rotate A -> B -> C. Finish your full round before tagging.

Event 2 - Work & Suffer

15 minutes

- Station 1: 8 man makers + wall sit
- Station 2: 20 reverse lunges + plank
- Station 3: 10 burpees + farmer hold

One athlete works. Two teammates hold. If the hold breaks, the work pauses.

Event 3 - The Big Finale

15 min cap

- 40 burpees
- 60 goblet squats
- 60 push-ups
- 30 plank dumbbell drags
- 100 walking lunges
- 40 box jumps

Complete in order. One athlete works at a time. Switch whenever you want.

Scoring: Win = 3 pts • Tie = 2 pts • Loss = 1 pt