

Team Workout

3-event gym team-building challenge

Format 2 teams of 3 people	Total session 60 minutes	Equipment Dumbbells, box, mats
Scoring Event win = 3 pts Tie = 2 pts each Loss = 1 pt	Session focus Fast transitions, clean reps and team competition.	Tiebreaker If needed: max wall sit time

Session Timeline

Time	Activity
0:00 - 7:00	Warm-up and briefing
7:00 - 19:00	Event 1 - Relay Race (12 min)
19:00 - 22:00	Rest / water / reset
22:00 - 37:00	Event 2 - Work & Suffer (15 min)
37:00 - 40:00	Rest / water / reset
40:00 - 55:00	Event 3 - The Big Finale (15 min cap)
55:00 - 60:00	Cooldown and final score

Event 1 - Relay Race

Duration: 12 minutes

Goal: Complete as many full relay rounds as possible. Only one athlete per team works at a time.

- 6 burpees
- 12 goblet squats
- 10 push-ups
- 20 mountain climbers (10 per side)
- 5 box jumps
- 2 shuttle runs to the end of the gym and back
- Athletes rotate A -> B -> C -> A...
- Once an athlete starts a round, they must complete the whole round before tagging the next teammate.
- Score = full rounds completed + reps in an unfinished round.
- Team with the higher score wins the event.

Event 2 - Work & Suffer

Duration: 15 minutes

Goal: Complete as many full work stations as possible. One athlete works while the other two hold a static position. If a static hold is broken, the working athlete must pause.

Station	Working athlete	Static hold for teammates	
1	8 man makers	Wall sit	
2	20 reverse lunges	Plank	
3	10 burpees	Farmer hold	

- Rotation example: A works while B + C hold, then B works, then C works.
- After Station 3, start the next rotation again from Station 1.
- Score = number of full stations completed. If tied, count reps completed in the unfinished station.

Event 3 - The Big Finale

Duration: 15 minutes (time cap)

Goal: Complete the full chipper as fast as possible. Only one athlete can accumulate reps at a time, but teammates may switch whenever they want.

- 40 burpees
- 60 goblet squats
- 60 push-ups
- 30 plank dumbbell drags
- 100 walking lunges
- 40 box jumps
- The exercises must be completed in the listed order.
- If both teams finish, the faster time wins.
- If nobody finishes inside 15 minutes, the team that progressed furthest wins.

Movement Standards and Safety Notes

Exercise	Quick standard
Burpee	Chest and hips touch the floor, then stand tall and jump or step to finish.
Goblet squat	Hold one dumbbell at the chest. Reach full depth comfortably and stand tall.
Push-up	Body stays in a straight line. Chest reaches depth consistently.
Mountain climber	Count each knee drive clearly. Keep shoulders stacked over hands.
Box jump	Jump or step onto the box with control. Step down safely.
Man maker	Push-up on dumbbells -> row right -> row left -> stand up cleanly. Keep weight conservative.
Reverse / walking lunge	Knee tracks under control, torso tall, full step each rep.
Plank dumbbell drag	Stable plank position. Drag the dumbbell across the body without excessive hip rotation.
Farmer hold / wall sit / plank	No sloppy positions. If technique breaks, the rep count pauses.

Suggested dumbbell weight for man makers: use a conservative load. For most mixed teams, 5-10 kg per dumbbell is a good range. Technique and pace matter more than loading.