

Team Sled Relay Challenge

This challenge involves the turf area, the sleds and a TEAM EFFORT.

You will line up with half your team on each side of the turf area. The front of the sled must not cross the start line on either end. You will go from the endline of the basketball court (black line) to the other endline. The resistance will be set at 2nd lowest for everyone. You may walk, jog or run at any speed you feel comfortable.

Steps to completing the Relay:

1. First team member starts at the yard line closest to the TRX area and PUSHES the sled to the other yard line. The sled must completely cross over that yard line. That team member then goes to the back of the line on that side.
2. The next team member must PULL it back to the other yard line, using the straps and moving backwards. The sled must completely cross over that yard line. Keep the strap connected to the sled and place it back in the sled before the next team member goes. That team member then goes to the end of that line.
3. Continue going back and forth until each team member has pushed the sled once and pulled the sled once each.
4. From the TRX side of the turf to the stairs side will always be a push and from the stairs side of the turf to the TRX side will always be a pull.

Your team has the week of June 24th to complete this challenge with your trainer. Your Trainer will turn this in via email by Saturday, the 29th, end of class. The Trainers will mark the lines with cones as shown in the video.

Trainers, upon completion I will need the following information emailed to me or put in my mailbox:

1. Total Time in Minutes and Seconds

****Times will be adjusted with a formula based on a team of 10 people. For example if you have 12 people on your team, your total time in seconds will be multiplied by .833 decreasing your overall team time. A team with less than 10 people will be adjusted accordingly to increase their overall team time.*

2. Number of people participating in the challenge.

Each team that participates in this challenge will earn 10 points. The winning team with the lowest adjusted combined time will receive 2 additional points. One randomly chosen team will also earn an additional 2 points.

Good luck and have fun!