

Team Challenge #2

Trainer: Blake Patrick

Challenge: Wall Sit

Date Due: December 4th at noon

This week's challenge is the Wall Sit Challenge. In order for your team to win points for the challenge, it will be necessary for you to participate. During class the team will line up against a wall, and each team member will hold a timed wall sit for as long as possible. Performing a wall sit for 30 seconds gets you a point, 45 seconds gets you 1.5 points, and a 1 minute gets you 2 points. The wall sit will last a total of 3 minutes. Afterwards you will report your time to your Trainer and they will submit it to Erin at efaught@princetonclub.net. Classes will be averaged based on number of participants.

Team Name/Day/Time: _____ Trainer: _____
of Team Participants: _____

Name: _____ Time/ Points _____ / _____

Name: _____ Time/ Points _____ / _____

Name: _____ Time/ Points _____ / _____

Name: _____ Time/ Points _____ / _____

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