

Team Challenge #3

Trainer: Aarika

Challenge: Wall Ball/ Row Challenge

Date Due: December 11th at noon

The goal is to be the fastest team to reach 5,000m row and 500 wall balls. Wall balls and Rows may occur at the same time, but you can not have more than one person for each event at a time performing the challenge. So one person is rowing and another person is doing wall balls. All the other team members are cheering on their teammates, you can switch who is working using whatever strategy you would like. Total time to complete these tasks is recorded. Your Trainer will report the results to Erin at efaught@princetonclub.net.

- Everyone uses the same ball weight at 10 lbs and you must squat down to parallel and throw the ball high on the wall
- Everyone has to row at least one time
- Everyone has to do wall balls at least one time
- 5,000m is done collectively as a team
- 500 wall balls are done collectively as a team (Count out loud or have someone record the number as you switch the team member who is working)

Team Name/ Day/ Time: _____

Trainer: _____

of Team Participants: _____

Total Time: _____