

## Team Challenge #4

Trainer: Amy

Challenge: Timed strength and endurance relay

Date Due: Dec 18th at noon.

Divide Team with half on each end of the turf strip (30 yards will be the distance). That will be marked for all teams so they are at the same spot.

Have the sled on one end and a 20 lb Dynamax ball on the other end (have ONE lighter option within reason for anyone on the Team who is injured or not able to carry the 20 lb. ball. This may be decided by the Trainer).

One person PULLS sled using rope (face sled, pull sled hand over hand as if in a tug of war) They will need to pause to reset and jog the rope to make it down all the way.

Once the sled makes it down, the person on the other end carries the dynamax ball BACKWARDS either walking, jogging or running.

The ball is handed off to the person on the other end who brings it back also moving BACKWARDS.

The next person will PULL the sled back in the same way. This gives the line up plenty of time to move the rope attachment from one side to the other on the sled.

Strategy matters of the way the team divides themselves and how they line up each side. Each team member must perform at least one of the exercises if they are physically able.

Each team must do 10 rounds. So, 10 sled pulls and 20 backwards dynamax lengths. Team with the fastest time wins. Your Trainer will report the team results to Erin at [efaught@princetonclub.net](mailto:efaught@princetonclub.net).

Team Name/ Day/ Time: \_\_\_\_\_

Trainer: \_\_\_\_\_

# of Team Participants: \_\_\_\_\_

Total Time: \_\_\_\_\_