

JEB Little Creek MWR Fitness

Virtual 300 – Rep Partner Challenge

March 17, 2021

RULES:

Start your time at the beginning of each round and continue the clock until all three rounds are complete only stopping the clock to take a break in between rounds. **DO NOT RESET THE TIME AFTER BREAK JUST CONTINUE.** Take a picture of your total time to be submitted and a picture of you and your teammate. Have fun!

Teams of 2 will complete 25 reps of 4 exercises for 3 rounds as fast as they can:

CHALLENGES:

25 hand clap pushups

Both partners will lower into a pushup then at the top clap their right hand we each other. They will repeat pushups alternating hands. Only correctly performed pushups will count.

25 Partner Reaction Lunge

One partner will stand behind the other. The partner in back will “push” the front partner forward so that they have to react and catch themselves in a lunge.

They will then push back from the lunge and come back to standing. Once they are back standing, their partner will push them again alternating legs with each push.

The pushes should be hard enough that the partner is challenged to react and catch themselves without being pushed over. The partner being pushed must wait to be pushed before lunging.

The harder the push, the harder the move will be. The team members can decide who wants to lunge and who wants to push.

25 Under and Over

Partner 1 will get into either a high plank or downward dog position. Partner 2 will crawl under. Partner 1 will then transition to a low plank and partner 2 will hop over. Alternate partners.

25 Wall Sit with Overhead Press/Plank High Holds

Partner 1 will perform a wall sit at 90° and hold a medicine ball or weighted object. Partner 2 will place their feet on partner 1 legs and hold a plank while partner 1 completes overhead presses. Partner 2 must hold a correct plank and partner 1 must stay at 90° for reps to count.