

# TAG TEAM WORKOUT!



ALL TEAM MATES WILL COMPLETE THE FOLLOWING...

6 LAPS OF THE TRIANGLE (150M) RUN OR JOG



STATION 1: BODY WEIGHT OR WEIGHTED SQUATS



STATION 2: SKIPPING (OR BOXERS STEP)



STATION 3: KETTLE BELL OR BAND UPRIGHT ROW

COMPLETE YOUR STATION FOR AS LONG AS IT TAKES YOUR RUNNER TO COMPLETE THE TRIANGLE THEN ALL SWAP TO THE NEXT STATION!



CommunityFoundation

