

# TEAM Challenge

## KEY TAKEAWAYS

1. Our TEAM (Training, Education, Accountability, Motivation) programs are a great opportunity to get involved in group training and progress in workout type and intensity as your fitness progresses!
  
1. There are three tiers of TEAM that increase in difficulty:
  - TEAM Burn
  - TEAM Cut
  - TEAM Bootcamp
  
2. If you enjoyed this type of group workout, talk with a TEAM instructor today to learn more about your options!

## TEAM CHALLENGE

1. Each group to complete the following, in any order, by anyone in the group:
2. First group to finish WINS!!
3. Use the below grid to keep track of your team's progress

<b>Exercise</b>	<b>Total</b>	<b>Person #1</b>	<b>Person #2</b>	<b>Person #3</b>	<b>Person #4</b>
Squats	200				
Push Ups	200				
Band/TRX Rows	200				
Step Up with Bicep Curls	200				
Bike	8 miles				
Treadmill	4 miles at 1%				
Plank	4 minutes				