

GTX Challenge

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1. One partner must be on the rower at all times (swap for treadmill if needed)
2. As one person rows, the rest of the group is completing the circuit as many times as possible, paying attention to the number of rounds they are completing. One round is 10 reps of both exercises (ie 10 pushups & 10 squats = 1 round)
3. At the end of each circuit they will total Rounds and Rowed Meters as a team. The group with the furthest distance rowed and most rounds completed wins!

Circuit	Time	Reps	Exercise	Notes	Rounds Completed/Meters Rowed
1	6 min.	AMRAP	10 Push Ups	1 round = 10 push ups + 10 body weight squats	
			10 Body Weight Squats		
		AMRAP	Row/Treadmill	One partner is always rowing, while the others complete the AMRAP. They can popcorn in and out of the rowing as needed.	
2	6 min.	AMRAP	10 Band/TRX Row	1 round = 10 band/TRX rows + 10 wood chops	
			10 Wood Chops		
		AMRAP	Row/Treadmill	One partner is always rowing, while the others complete the AMRAP. They can popcorn in and out of the rowing as needed.	
3	6 min.	AMRAP	10 Plank Taps	1 round = 10 plank taps + 10 deadlifts	
			10 Deadlift		
		AMRAP	Row/Treadmill	One partner is always rowing, while the others complete the AMRAP. They can popcorn in and out of the rowing as needed.	
4	6 min.	AMRAP	10 Standing Bicep Curl and Press	1 round = 10 bicep curl & presses + 10 steps ups	
			10 Step Ups (each side)		
		AMRAP	Row/Treadmill	One partner is always rowing, while the others complete the AMRAP. They can popcorn in and out of the rowing as needed.	

*AMRAP = As many reps as possible