

Team Activity Station 1 -**Plank Jacks** (Male, 100 count/ Mixed, 80 count/ Female, 60 count/ Masters, 40 count) on your bows (elbows) plank then do jumping jack with your feet (in and out) -**Lunges** (Male, Mixed, Female 100 count/ Masters, 40 count) alternating legs single count

Team Activity Station 2 -**Jump Up Squat's** (Male, 100 count/ Mixed, 80 count/ Female, 60 count/ Masters, 40 count) – Jump up take a Basketball shot then down into a squat touching the ground (Duke Blue Devils basketball defense move) -**Bicycle Sit Ups** (single count) (Male/Mixed/ Female/Masters, 200 count)

Team Activity Station 3 -**Burpees** (Male, 100 team count/ Mixed, 80 count/ Female, 60 team count/ Masters-team members over age 40, 40 team count) -
Rock/Bench/Curb Dips (Male, 100 team count/ Mixed, 80 count/ Female, 60 team count/ Masters, 40 team count)

Team Activity Station 4 -**Happy Jacks** (Male, Mixed, Female – 5 jumping jacks, 1 squat, repeat – do 10 sets each team member/ Masters, do 2 sets each team member) -**Knee to Chest Jump Tucks** (Vertical Jump bringing both knees to your chest) (Male, 100 count/ Mixed, 80 count/ Female, 60 count/ Masters, 40 count)

Team Activity Station 5 -**Push Ups** (Male, 100 count/ Mixed, 80 count/ Female, 60 count/ Masters, 40 count) -**Flutter**s (legs scissor up and down) (Male/ Mixed/Female/Masters, 200 single count)