

Team Activity Station 1 -**Plank Jacks (each member)**  
(Male, 25 count/ Mixed, 20 count/ Female, 15 count/  
Masters, 10 count) on your bows (elbows) plank then do  
jumping jack with your feet (in and out) -**Lunges** (Male,  
Mixed, Female 25 count/ Masters, 10 count) alternating  
legs single count

Team Activity Station 2 -**Jump Up Squat's (each member)**  
(Male, 25 count/ Mixed, 20 count/ Female, 15 count/  
Masters, 10 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, 50 count each member)

Team Activity Station 3 -**Burpees** (Male, 25 team count/  
Mixed, 20 count/ Female, 15 team count/ Masters-team  
members over age 40, 10 each count) -  
**Rock/Bench/Curb Dips** (Male, 25 team count/ Mixed, 20  
count/ Female, 15 team count/ Masters, 20 each 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, 25 count/ Mixed, 20 count/ Female, 15 count/ Masters, 10 count)

Team Activity Station 5 -**Push Ups (each member)**(Male, 25 count/ Mixed, 20 count/ Female, 15 count/ Masters, 10 count) -**Flutter**s (legs scissor up and down) (Male/ Mixed/Female/Masters, 50 single count)