

## BbG/AFAC-Challenge Course

### **1. Run 1/2 mile or 5 minutes**

10 Burpees

10 Starburst jumps

### **2. 1/2 mile or 5 Min**

15 Push ups

20 Squat jumps

25 Jumping Jacks

### **3. 1/2 mile or 5 min**

50 Mountain climbers

50 Bicycle crunches

20 Lunge jumps

### **4. 1/2 mile or 5 min**

10 Squat thrust

50 Hi knees in place

### **5. 1/2 mile or 5 min**

50 Mountain climbers

50 Bicycle crunches

20 Lunge jumps

### **6. 1/2 mile or 5 min**

15 Push ups

20 Squat jumps

25 Jumping Jacks

### **7. 1/2 mile or 5 min**

10 Burpees

10 Starburst jumps

## BbG/AFAC-Modified Course

### **1. Walk fast 4-5 minutes**

5 Burpees or push ups  
10 Squats

### **2. Walk fast 4-5 minutes**

10 Push ups  
20 Squats  
20 Jumping Jacks

### **3. Walk fast 4-5 minutes**

20 Mountain climbers  
20 Standing-pull alternating knees to chest  
20 Reverse lunges

### **4. Walk fast 4-5 minutes**

5 Low impact squat thrust  
20 Knees up on curb or road, each side

### **5. Walk fast 4-5 minutes**

20 Mountain climbers  
20 Standing- pull alternating knees to chest  
20 Reverse lunges

### **6. Walk fast 4-5 minutes**

10 Push ups  
20 Squats  
20 Jumping Jacks

### **7. Walk fast 4-5 minutes**

5 Burpees or push ups  
10 Squats