

# **BLUE TEAM 1**

**BARRACKS – 15 REPS**

**STAIRWAY TO HEAVEN - 3**

**BARRACKS – 15 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**HILL CRAWL X 3**

**BARRACKS – 15 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 15 REPS**

**BURPEES x 30 PUSH UP**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **BLUE TEAM 2**

**BARRACKS – 10 REPS**

**BURPEES X 30 (NORMAL)**

**BARRACKS – 10 REPS**

**STAIRWAY TO HEAVEN - 3**

**BARRACKS – 10 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 10 REPS**

**HILL CRAWL X 3**

**BARRACKS – 10 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 10 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **GREEN TEAM 1**

**BARRACKS – 15 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 15 REPS**

**BURPEES X 30 PUSH UP**

**BARRACKS – 15 REPS**

**STIRWAY TO HEAVEN X 3**

**BARRACKS – 15 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**HILL CRAWLS X 3**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **GREEN TEAM 2**

**BARRACKS – 10 REPS**

**HILL CRAWLS X 3**

**BARRACKS – 10 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 10 REPS**

**BURPEES X 30 NORMAL**

**BARRACKS – 10 REPS**

**STAIRWAY TO HEAVEN X 3**

**BARRACKS – 10 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **RED TEAM 1**

**BARRACKS – 15 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**HILL CRAWLS - 3**

**BARRACKS – 15 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 15 REPS**

**BURPEES x 30 PUSH UP**

**BARRACKS – 15 REPS**

**STAIRWAY TO HEAVEN – 3**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **RED TEAM 2**

**BARRACKS – 10 REPS**

**STAIRWAY TO HEAVEN - 3**

**BARRACKS – 10 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 10 REPS**

**HILL CRAWLS - 3**

**BARRACKS – 10 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 10 REPS**

**BURPEES x 30 NORMAL**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **YELLOW TEAM 1**

**BARRACKS – 15 REPS**

**BURPEES X 30 PUSH UP**

**BARRACKS – 15 REPS**

**STAIRWAY TO HEAVEN X 3**

**BARRACKS – 15 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**HILL CRAWLS X 3**

**BARRACKS – 15 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**

# **YELLOW TEAM 2**

**BARRACKS – 10 REPS**

**VEHICLE PULL/PUSH**

**BARRACKS – 10 REPS**

**BURPEES X 30 NORMAL**

**BARRACKS – 10 REPS**

**STAIRWAY TO HEAVEN**

**BARRACKS – 10 REPS**

**OVERHEAD TYRE RUN**

**BARRACKS – 15 REPS**

**HILL CRAWLS X 3**

**BARRACKS – 15 REPS**

**BARRACKS = SIT UPS – PUSH UPS – SQUATS – SIDE PLANKS**