




Components of an Integrated Functional Challenge Workout

Athletic Balance
...is reactive capability that allows the body to adequately respond to a changing, unpredictable environment

Strength & Power
...identifies weak links & deficiencies in the kinetic chain

Anaerobic Endurance
...sustain work capacity & quality of effort at threshold (AT, LT OBLA)


Goal
...identify/improve weak links in kinetic chain; improve fitness, measure change, use competition to motivate, push limits, have FUN!



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Athleticism requires movement that is based on...


1. A foundation of mobility, stability, rotation, balance, integrated whole body coordination, motor control and strength
2. Balance, agility, core, metabolic conditioning, speed, strength and power (station focus)
3. Optimal power expression
 -maximal vs. sustained power
4. A skilled movement foundation



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Challenge Circuit Intro: "the why"

- *Why?* Measureable challenges to test proficiency, and focus on improving athletic ability in several areas of fitness/ performance
- *Why?* You can integrate Challenge Workouts into daily workouts or a Challenge Event
- *Why?* Compete against self, partner, top scores (leader board) or median/avg. scores




Challenge Circuit Set-Up: "the rules"

1. Count off by 8s; 1s to Station 1, 2s to Station 2, 3s to Station 4 & so on...
2. Partner @ station; group of 3 okay
 1. Station #1 is also Team #1 (Remember!)


How it works:

1. 8-station exercise demonstration & practice
2. Group/partner WallBall warm up
3. Round #1: 8 stations, 2-minutes each; each partner competes/coaches 1-minute each
4. Round #2: 8-stations, 1-minute each; each partner competes/coaches 30-seconds each
5. Rounds #3 & 4 repeat rounds 1 & 2
 1. Round 1 (easy); Round 2 (harder); Round 3 (moderate); Round 4 (hardest)
6. Team Slalom: (form circle with Teams 1-8)
7. Score Card (compare Round 1 to 3; 2 to 4)

Let's warm up!




COREFX Challenge Workout Score Card				
Circuit Exercise Station	Repetitions			
#1 Seated 45' Chest Push (COREFX Wall Ball)	Round 1	Round 2	Round 3	Round 4
#2 Lateral Speed Skate (COREFX Skill Slide)	Round 1	Round 2	Round 3	Round 4
#3 Single Leg RDL Slam (COREFX Slam Ball)	Round 1	Round 2	Round 3	Round 4
#4 OD Resisted Forward, R/L Lateral Hustle (CFX Overdrive Trainer)	Round 1	Round 2	Round 3	Round 4
#5 Mogul Jumps w/ Wave (COREFX Battle Rope)	Round 1	Round 2	Round 3	Round 4
#6 Push UP—Burpee Snap Plank (GRID)	Round 1	Round 2	Round 3	Round 4
#7 Box Jumps (COREFX 3 in 1 Plyobox; or 12" hurdle)	Round 1	Round 2	Round 3	Round 4
#8 180 Switch-Hip Block-Throw (COREFX Wall Ball)	Round 1	Round 2	Round 3	Round 4



COREFX Challenge Workout			
(8) 180 Switch-Hip Block-Throw (1:2 COREFX Wall Ball)	↑	↑	(1) Seated 45° Chest Push (1:2 COREFX Wall Ball)
(7) Box Jumps <i>(OR use 12" hurdle)</i> (1:2 COREFX 3 in 1 Foam Plyobox, 20" height; <i>OR</i> 1:2 12" hurdle)	(5) Mogul Jumps w/ Wave (1:2 Battle Rope)	(4) OD Resisted Forward, R/L Lateral Hustle (repeat) (1:2 Overdrive Trainer-OD; 1:2 cones)	(2) Lateral Speed Skate (1:2 COREFX Skill Slide)
(6) Push Up—Burpee Snap Plank (1:2 GRID)	↓	↓	(3) Single Leg RDL Slam (1:2 COREFX Slam Ball)

COREFX Partner Challenge Workout	
Circuit Exercise Station	Description
#1 Seated 45° Chest Push (COREFX Wall Ball)	Sit holding ball against chest; lean back 45°; thrust arms away from chest explosively pushing ball to partner, upon ball return bring ball back into chest & repeat; hold 45° position
#2 Speed Skate (COREFX Skill Slide)	Start at one end of the slide; flex at the ankle, knee and hip; stay upright and push off end ramp; keep the feet wide (stability) until the lead foot touches opposite ramp
#3 Single Leg RDL Slam (COREFX Slam Ball)	Stand on one leg holding SB overhead; hinge from the hip and forcefully throw SB to ground; pick up ball/short hop and slowly return to overhead position w/ hip hinge; repeat R/L
#4 OD Resisted Forward, R/L Lateral Hustle (CFX Overdrive Trainer)	Standing at starting line, run to cone and touch, return w/ a back pedal; lateral shuffle right lead leg to cone and return, then shuffle left lead; repeat front, R/L lateral sequence
#5 Mogul Jumps w/ Wave (COREFX Battle Rope)	Squat and hold handles; create a fast, rolling wave by whipping the rope with slightly bent arms; maintain bent leg position; add 45° rotary jump R/L, as if skiing moguls
#6 Push Up—Burpee Snap Plank (GRID)	Hold GRID; athletic ready position; step or jump back to plank w/ GRID on floor; snap up from plank to athletic ready, driving the GRID/arms out front; repeat
#7 Box Jumps (3 in 1 Plyobox; <i>OR</i> 2 12" hurdles option)	Start standing on 20" box or between 12" hurdles; jump laterally R/L; every return to center counts as one jump; the box jump can be regressed to a walking pattern
#8 180 Switch-Hip Block-Throw (COREFX Wall Ball)	Stand to side of partner, 4-6 feet apart; load outside leg, triple flex, initiate with legs, core, finish throw w/ arms & triple extension; perform 180-switch after each lateral throw

COREFX Partner Wall Ball Warm-up	
1. Standing Overhead (OH) Push	2. Prone Superman OH Push Pass
3. Supine Bilateral Hip Bridge (partners place feet on ball)	4. Standing Over & Under Pass (back-to-back, through legs, over head)
5. Standing Hip Block Pass (back-to-back; alternating over shoulder)	6. Heave Toss (slip pass off ground to partner; partner catches, rolls ball back)
7. Kneeling Chest Pass (after pass, fall to hands, power return)	8. Roundhouse Slam Chest Pass (roundhouse R, pass to partner, then L)
	

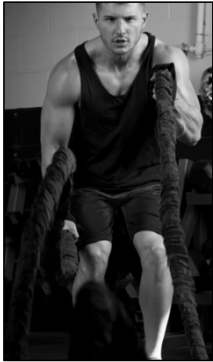
COREFX Challenge Workout

<p>(8) 180 Switch-Hip Block-Throw (1:2 COREFX Wall Ball)</p>	↑	↑	<p>(1) Seated 45° Chest Push (1:2 COREFX Wall Ball)</p>
<p>(7) Box Jumps (alternative 12" hurdle) (1:2 COREFX 3 in 1 Foam Plyobox, 20" height; 1:2 12" hurdle)</p>	↑	↑	<p>(2) Lateral Speed Skate (1:2 COREFX Skill Slide)</p>
<p>(6) Push Up—Burpee Snap Plank (1:2 GRID)</p>	↓	↓	<p>(3) Single Leg RDL Slam (1:2 COREFX Slam Ball)</p>
	↓	↓	

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COREFX Challenge Wrap-Up

- A. Team Slalom Cool Down
- B. Understanding how equipment and methodology work together
 - Set the goal
 - Solve the training challenge
- C. Learn new exercises and drill sequences
- D. Introduce “play with purpose” that is skill and performance driven



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Strength from within
