

# 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 (alt. R/L) (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 9"/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