

INNOVATIVE GROUP TRAINING **WORKOUTS**



**99 Themed, Partner & Challenge Workouts
To Make Your Group Training Explode**

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Introduction

Welcome to the Innovative Group Training Workouts Program!

I remember as a young boy playing baseball, my father used to tell me when I was down on myself, "If you are not having fun, just stop." It sounded weird at first but I quickly realized that when I was having fun, I was more successful and couldn't wait to play again!

There is so much to be learned from this especially in the fitness industry.

Many of the people we will come across in our facilities begin disliking fitness or working out for one reason or another and the lack of "fun" in the program of course does not help.

Enter Innovative Group Training Workouts!

These 99 workouts are simply meant to create some excitement, break the monotony of exercising and foster engagement in your facility!

We all agree that consistency is the key to success and that having an extremely close fitness family, I call this a tribe, is paramount to success for them as well as you!

The longer they stay, the better chance of getting their desired results and the more successful your facility will be.

Below, you will find 33 Themed Workouts, 33 Partner Style Workouts and 33 Challenge workouts.

Each workout will be between 15 and 30 minutes each with the goal of increasing engagement and creating excitement while fostering a great workout. These workouts are typically metabolic in nature but as you will see can be used as strength workouts as well.

Traditional programming principles are in place as each person's fitness level, the audience and the type and size of your business will play a part.



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There are many modifications noted but feel free to adjust as you see fit as the professional.

Some observed “best practices”

1. Study the workouts prior to be able to professionally modify as necessary. Many of these are not beginner level and will need to be handled with care.
2. About 80% of the workouts are metabolic in nature and can be used in conditioning sessions very well.
3. We normally interject these in once weekly, for client birthdays and all holidays or short work days. (days you are closing early and are condensing your sessions)
4. Be careful to fit these into your current programming. If you are not using an exercise listed consistently, add it to your programming for a few weeks before using the workouts listed!
5. Get excited and enthusiastic! Remember, your vibe will control the temp of your tribe!
6. Be consistent! This is when you will see the most engagement from the members of your tribe!

Georgette and I hope you enjoy these workouts! Feel free to direct any questions you have to us and we look forward to working with you!

Thank you,

Coach Fred
Georgette Pann



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“Themed Workouts” (number of rounds depends on level of fitness)

1) Bunz in the Oven (Holiday Theme)

- Jump Squat x20
 - Alternating Forward Lunge x20e
 - SL Glute Bridge x20e
 - Wideouts x40
- **each round is done as fast as possible****

x5-7 rounds

2) Summer Time Shedder (Summer Theme)

- Burpee x5
- Mountain Climber x15e
- Split Jumps x10e
- DB Plank-n-Row x10e
- Flutter Kicks x15e
- Burpee x5

x5-7 rounds

3) CHESTmas (Holiday Theme)

- Pushup x15
- Alternating DB Press x10e
- DB Fly x15

x4-6 rounds

- Feet Elevated Pushup 15
- DB/BW Alternating Punches x15
- Plank Ups x10

x4-6 rounds



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4) Suns Out-Buns Out: (Summer Theme)

- Jumping Lunges x12e
- Double Leg Glute Bridge (on floor or off bench) x20
- Prisoner Squats x30
- Lateral Lunge x20t
- Gait Swing x12

x4-6 Rounds

5) Lions, Tigers, & BEARS, oh my: (Movie Theme)

- Bear Crawl x20steps
- AB Wheel/Stability Rollout x15
- Bear Crawl x20steps
- Jump Squats x15

X5-7 Rounds

6) The Road-trip Workout: (On The Go Theme)

- Jumping Jack x20
- Burpee x5
- Alternating Lunges x5e
- Plank with T-Rotation x5e
- Speed Skater Jumps x5e
- Crunch x20

x6-8 Rounds

7) Can't Buy this "6-pack": (Food/Drink Theme)

- Mountain Climber x20t
- Toe Touch x20
- Flutter Kick x20e
- Side Crunch x20t
- Leg Raise with Hip Lift x10

x4-7 rounds



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8) Feet, Foot, & Inches: (Math Theme)

- Jumping Jacks x25
- Line Hops (bilateral: forward&backward) x30
- Low Pogo x40
- Ali Shuffle Jumps (in place) or Knee Highs x50
- Jump Squat x25

x4-6 Rounds

9) The Tank-Top Workout: (Summer Theme)

- Burpee x5
- Renegade Row x8e (do a pushup, row to one side, then the other, then repeat)
- Jack-Knife Sit Up x15
- Dips x15
- DB/Band Hammer Curl x15

x6-8 Rounds

10) Suns Out-Gunz Out: (Summer Theme)

- Chin-Up/or Inverted Row x10 (use assist if needed)
- Close Grip Pushup (diamond) x10
- Seated DB Curl (palms up-bilateral) x20
- Dips x20
- Band Bicep Curls x30
- Band Tricep OH Extension x30

x4-6 rounds

11) Hit the Slopes: (Vacation Theme)

- DB/KB Skier Swings x12
- DB/KB Upright Row x12
- DB Bent Over Row x12
- DB/KB Front Squat x12
- DB/KB Push Press x12
- DB/BW Deadlift x12

x20min **as many rounds as possible**



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12) E.X. Phone Home: (Movie Theme)

- Bike Sprints x30s (you have to catch E.T!) or (if no bike) Bicycle Crunches
- Mountain Climber x20e
- Bicycle Crunches x10e
- Bear Crawl x20steps
- Plank with T-Rotation x10e

x4-6 Rounds

13) Squaticus Maximus: (Greek Theme)

- Jump Squat x15
- Split Squat x15e
- Lateral Squat x15e
- Prisoner Squat x15
- Deep Squat Hold x30s

x15min **as many rounds as possible**

14) The Rock Climber: (Fitness Theme)

- Pull Up/Inverted Row x10 (use band assist if needed w/ pull up)
- Mountain Climber x20e
- Crab Walk x20steps
- Plyo Pushup x10
- Lion Crawl x20steps

x6-8 Rounds

15) HAMMER-ons: (Guitar Theme)

- Bands/DB SA Alternating Hammer Curls x15e
- Bands/DBNeutral Grip (hammer) OH Press x15
- DB Renegade Row (with pushup): x8e
- DB/BandsNeutral Grip (hammer) Tricep Kickbacks x15

x5-7 Rounds

x20min **as many rounds as possible**



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16) Dirty Floor, Clean It Up!: (Cleaning Theme)

- Slider Reverse Lunge x10e
- Slider CLEAN THE FLOOR x8e
- Slider Leg Curls x10
- Slider Alligator Crawl x10yds

x6-6 Rounds

17) JACKED-O' Lattern: (Halloween Theme)

- BB Bench Press x8
- BB Bent Over Row x8
- BB Deadlift x8
- BB Curl x8
- GHD Sit UP x15

x8-10 Rounds

Bonus PUMPKin version

Perform each exercise for 45 seconds and rest for 15 seconds in between exercises. One entire circuit will take 11 minutes. Perform 2-3 sets of this circuit with about 2 minutes of rest in between

Pumpkin Push Up x 45 sec
Pumpkin Lunge with Push Press x 45 sec
Pumpkin Diagonal Chop x 45 sec
Pumpkin Step Up x 45 sec
Pumpkin Plank x 45 sec
Pumpkin Squat Push Press x 45 sec
Pumpkin Upward Chop x 45 sec
Pumpkin Side Reaching Lunge x 45 sec
Pumpkin Downward Chop x 45 sec
Pumpkin Squat Push x 45 sec
Pumpkin Russian Twist x 45 sec

Rest 2 min repeat 2-3 rounds



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18) Burnt' Turkey: (Holiday Theme)

- Run 200m or Run in Place
- Straight Leg Sit Up x12
- DB Curl to Press x12
- Leg Raise x12
- Burpee x6

x25min **as many rounds as possible**

19) Rounds & Rounds, here we go again: (Song Theme)

- MB Slam x10
- Knee Grab x8
- Jump Squat x10

x20min **as many rounds as possible**

20) On Dasher, On Dancer, On Prancer, & Vixon...: (Holiday Theme)

- Sled Push x20yd
- KB Swing x10
- Sled Pull x20yd
- KB OH Push Press x10
- Sled Push x20yd
- KB Deadlift x10
- Sled Pull x20yd

x4-6 Rounds

21) More KettleBell: the fever cure: (Joke Theme)

- KB Deadlift
- KB Swing
- KB High Pull
- KB Squat
- KB Curl to Press
- KB Figure 8

x30s work/30s rest

x3-5 Rounds



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22) The “B” Birthday Blowout: (Birthday Theme)

- Burpee x5
- Bear Crawl x30steps
- Burpee x5
- Ball Slam x15
- Burpee x5
- Box Jumps (low box) x20

x4-6 Rounds

23) The Cupid SHUFFLE: (Holiday Theme)

- Side Shuffle (5yd increments) x50yd
- Yoga Pushup x10
- Inverted Row x15
- Side Plank with Hip Extension x20t
- Run 150m (run to your valentine!)

x25min **as many rounds as possible**

24) What’s in your Easter Basket?: (Holiday Theme)

- Broad Jump x10
- Crossover Mountain Climber x20e
- Frog Jumps x10
- Wideouts x40
- Walking Lunges x10e

x5-7 Rounds

25) Chaotic Christmas: (Holiday Theme)

- Round 1: x10min **as many rounds as possible**
 - Run x100m
 - Pushup x10
 - V-up x10
- Round 2: x10min **as many rounds as possible**
 - Run x100m
 - Plank-n-Row x10t
 - Side V-up x10e

x3-5 Rounds



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26) Ghouls and Goblet Squats: (Holiday Theme)

- KB Goblet Squat x10
- Speed Skater Jumps x10e
- KB Goblet Squat x10
- Hanging Leg Raise x10

x8-10 Rounds

27) The ABdominal Snowman: (Holiday Theme)

- TRX Fallout x10
- Hanging Leg Raise x10
- Side Crunch x10e
- DB/KB Windmill x10e
- Plank Ups x10

x5-7 Rounds

28) The “Pre-Party” Pump: (Birthday Theme)

- DB Bench Press x15
- SA DB Bent Over Row x15e
- DB Hammer Curl x15
- DB Lying Down Skull Crusher x15
- Plank Jacks x30
- High Knees x30t

x5-7 Rounds

29) Benjamin PLANKlin: (Presidential Theme)

- Plank Up x10
- Plank Jacks x20
- Plank Knee to Opposite Elbow x10e
- Plank Rainbow x15e
- Mountain Climber x15e

x4-6 Rounds



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30) Going Out with a Bang!: (Holiday Theme)

- BB Deadlift x5 (50% of max)
- MB Slam x10

x12min **as many rounds as possible** side note-12min, because 12 months in the year!

31) Spring Cleaning: (Holiday Theme)

- DB/KB Clean x8
- AB Wheel Rollout x8
- Goblet Squat x8
- Farmer's Walk x60yd

x5-7 Rounds

32) The Running Man: (Movie/Song Theme)

- Sprint x60yd
- V-up x12
- Pushup x12
- Inverted Row x12
- Sprinter Crunch x12t

x25min **as many rounds as possible**

33) Row, Row, Row, Your Boat: (Song Theme)

- DB Bent Over Row x10
- DB SA Bent Over Row (supinated grip) x10e
- DB Upright Row x10
- TRX SA Row x10e
- DB Plank Row x10

x6-8 Rounds



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“Partner Style Workouts”

1) Double Trouble:

- Low Box Jumps x12 (take turns jumping on the box)
- Pushup with Partner Hand Taps x12 (do a pushup, tap partners hands while at the top then repeat)
- Low Box Jumps x12 (take turns jumping on the box)
- Mountain Climber x12e (do at the same time)
- MB Straight Leg Sit Up x12 (face each other, pass the MB to your partner, perform your rep, repeat)

x5 Rounds

2) Friendly Fire:

- Bear Crawl x30yds/Alternating V-Up
- Side Shuffle x30yds (each way)/Mountain Climber
- Pushup x12/TRX Row
- 150M Run/Gate Swings
- To perform: the first move is performed for the prescribed amount of reps (by one partner), while the second move is performed (by the other partner) while the first move is being done. The faster the first move is done, the less time your partner has to work!
- Perform for 6 rounds!

3) Keeping up with the Partners:

- Burpee x5
- Bicycle Crunches x10e
- Lateral Lunge x8e
- KB Swing x15

x6 Rounds

- To Perform: set a timer and go! One partner performs the round as fast as they can. Then the other partner goes and tries to beat their time! Try to switch who goes first every other round- 2 minute rest in between rounds!



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4) Tag, You're It!:

- 120m Run
 - DB/KB Curl to Press x12
 - BB/TRX Inverted Row x12
 - Jump Squat x12
 - Leg Raise x12
- To perform: one partner does the first exercise, tags the other partner when it is completed, then the second partner does the first exercise then tags the first partner to continue onto the second exercise. Once one partner tags, that is their rest period and they should encourage/coach the partner that is working!
- Perform for 7 rounds!

5) Banded Together:

- Band Resisted High Knees x50t
- Band Resisted Squat Jumps x15 (one partner holds the band, the other jumps while the band is around the waist)
- Band Bent Over Rows x15 (one partner holds, while the rows)
- Band OH Press x15 (stand on the band and press it overhead, don't use partner for this one)
- Band Mountain Climbers x50t (one partner holds, the other does mountain climbers with band around the waist)

x25min **as many rounds as possible**

6) Twinning:

- MB Alternating Lunges x10e (do the opposite leg of your partner, pass MB on each lunge)
- MB Russian Twist x10e (backs to each other and pass the ball to each other)
- Plank with MB tap x10e (plank across from each other with the MB in the middle, and tap it with opp. hands)
- Squat with MB Pass x20 (pass MB at the top, squat then pass, repeat)

x5 Rounds



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7) Thunder Buddies:

- MB Slam x10
- MB Rotational Slam x5e
- MB Press Slam x20
- MB "Keg" Toss x10 (toss 1 MB back & forth to each other)
(have 2 MB's and take turns on the slams, one partner goes, then the other goes)

x15min **as many rounds as possible**

8) IN-Sync:

- Jumping Jacks x10
- Gate Swings x20
- Speed Skater Jumps x10e
- Pushup x10
- MB SL Sit Up x10 (hand the ball off at the top of the sit up every rep)
(all movements are to be done in synchronized fashion! See if you can keep up with your partner!)

x7 Rounds

9) #Besties:

- Sled Push OR Plate Push (can use resisted run as well)
- DB/KB Curl to Press
- Rope Jacks (jumping jacks with ropes)
- TRX Face Pull
- KB Deadlift

x30s work/x30s rest: 5 Rounds

- to perform, one partner works for the first 30s while the other "rests/encourages",
switch at 30s and repeat!



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10) #Friend-zoned:

- Knee Tuck Jumps x15
- Flutter Kicks x15e
- SL Glute Bridge (foot on bench or ground) x15e
- Push-up with T-Rotation x8e

x6-8 Rounds **as fast as possible**

One partner goes first through the round as the other coaches them up and repeat with the other partner.

11) Opposites Attract:

- MB Slam x12>1
- Knee Grab x12>1
- Jump Squat x12>1
- Side Crunch x12e>1e
- This is a ladder style workout, the reps go down every round. So perform 12 slams, 12 knee grabs, 12 jump squats, 12 side crunches (each side) then start the round over but do 11 of everything.
- The kicker to this ladder, Partners will start on OPPOSITE ends of the ladder. One partner starts with 12 of everything, while the other partner starts with 1 of everything. Who will finish first?

12) Friendships are built on Tabata:

- Round 1 (x2 tabata rounds =8min)
 - MB Squat to Front Press x20s/10s
 - MB Russian Twist x20s/10s
- Round 2 (x2 tabata rounds=8min)
 - Wideouts x20s/10s
 - Plank Rainbows x20s/10s
- Round 3 (x2 tabata rounds=8min)
 - KB Deadlift to High Pull x20s/10s
 - Bicycle Crunches x20s/10s



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****1-2 mins rest between different rounds of Tabata****

The purpose of this partner workout is to provide motivation, inspiration and support to each other during the Tabata rounds. It proves the value of lifting one another up to get through something difficult!

13) Rounds of Attraction:

- Round 1 (x4 sets as fast as possible)
 - Jumping Lunges x12e
 - Pushups
- Round 2 (x3 sets as fast as possible)
 - Plank-N-Row x12e
 - MB Military Crunches
- Round 3 (x2 sets as fast as possible)
 - Burpee x12
 - Leg Raises

Oh Snap! Partner 1 will be doing the first exercise while partner 2 does the second exercise! You will need to fire up your partner as time goes on and each get tired! 😊

14) Boomerang Race:

- KB Swing x20
- Jackknife Crunch x20
- KB Swing x20
- Alternating Lunges x10e
- KB Swing x20
- Jackknife Crunch x20

x5 Rounds

Grab a partner or 2 and start the clock! See who finishes first, just a little friendly competition!



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15) Friends-GIVING:

- Burpee
- MB Military Crunch
- DB/KB Curl to Press
- MB Russian Twist
- DB/KB Bent Over Row
- Mountain Climber

****Partners determine reps, sets, and rounds! After all, it is a friend GIVING you what you deserve**** This should be entertaining...😊

16) WEIGHT your turn:

- BB/DB or KB Deadlifts x12
- DB Bench Press x10
- KB Swing x12
- KB Goblet Squat x10
- BB/DB Bent Over Row x12
- To perform, one partner goes and the other spots/rests!

x8 Rounds

17) Shots, Shots, Shots... of Protein!

- Chin Ups x10 (partner assisted/band assisted if needed)
- MB Rotational Slam x10e
- Leg Raise x20
- Dips x10 (partner assisted/machine assisted or on the ground)
- Bear Crawls x40steps
- Partners must make each other's post workout protein shakes!

18) PUSH each other to the limit:

- Resisted run 30 yd-Each partner will determine resistance, make em work!
- DB/KB Farmer's Walk x60yd
- Yoga Pushup x10
- BB Inverted Row x20 (may sub DB or Band Row with elbows away from the body)
- Ab Wheel Rollout x10



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x30min **as many rounds as possible**

Each partner will be there to resist each other's run and to cheer them on along the way! Get everyone super engaged!

19) Double Dutch:

- Rope Jacks x20
- Gate Swings x15
- Rope Alternating Waves x20e
- Hanging Leg Raise x15
- Rope Slams (bilateral) x20

x7 Rounds

- To perform, partners start at opposite ends of the workout. See who finishes first!

20) I got your BACK:

- BB Back Squat or DBL KB Front Squat x10
- Chin Up/Inverted Row x10
- Inchworm with a pushup x10
- DB SA Row x10e

x6 Rounds

Each partner will go back to back with the sets, let's see who pushes one another and see if they have each other's back!

21) Partner in Crime:

- Prisoner Squat x10
- Pushup x10
- Prisoner Squat x10
- Pull Up OR Inverted Row x10
- Prisoner Squat x10
- Military Crunch x10

x10 Rounds

- Reps are done together and counted out loud as a team!



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22) Buddy System

- Run OR Row 200m
- KB Swing x10
- Burpee x10
- To perform, set a timer. One partner goes, then the other partner tries to beat their time... BUDDDYYYYYY!

x5-7 Rounds

23) Fire & Ice:

- KB Goblet Squat/KB Swing x12e
- DB Bench Press/DB Bent Over Row x12e
- DB Hammer Curl/Bench Dips x12e
- Sled Push/Pull x30yd
- To perform, partners start on opposite movements and then switch. Each movement is the opposite of the other movement!

- x5 Rounds

24) Catch Me if you Can:

- Partner Resisted Sprints OR High Knees x30yd/50t (use band around the waist)
- Bear Crawl x30yds
- Side Shuffle (5yd increments) x30yds
- MB Slam x10
- To perform, partners will "race" on every movement (minus the sprint). First one to get the movement done, "wins!".

x5 Rounds

25) A Game of CHESS-T:

- DB Floor Press x8
- Lateral Plank Walk or Spider x10steps (L&R)
<https://www.youtube.com/watch?v=H99I2WFXdE>
- Crab Walk x20steps



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- Plank Ups x10
- MB Press Slam x20
- Pushup x Roll the dice
- Grab a partner to kill this workout with and each roll the dice to see how many pushups you have to do to end the round!
- x4-6 Rounds (you can roll the dice for this too, after all, it's a GAME!)

26) Rock, Paper, Scissors..with a TWIST!

- Rock=Burpees x10
- Paper=Jump Squat x20
- Scissors=Mountain Climbers x30e
- To perform, Play rock, paper, scissors with your partner.
- Whatever you draw, that's the exercise your partner does.
- Be careful though, if you lose your partner decides your fate!
- If you tie, you and your partner do that exercise! Good luck!

30 min workout

27) The BRO-trip:

- BB/DB Bench Press x5
- BB/DB Bent Over Row x8
- DB Lateral Raise x12
- Bench Dips x15 (can also be done from the ground)
- Rope Jacks x30 (can also hold light DB's in your hand if you don't have a rope)

x7 Rounds

- Be "Bro's" and help rack and un-rack weights. Be good spotters and encourage each other on the rope jacks (A.K.A Cardio). (Ladies don't think you can't hop in on this!)

28) Skies Out-Thighs Out:

- Alternating Lunges x10e
- Alternating Lateral Lunges x10e
- Frog Jumps (in place) x10
- SL Glute Bridge x15e
- DB/KB RDL x15
- Wideouts x30



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x5-7 Rounds

- This one is for the ladies! Get them legs ready to be shown! Encourage your partner and push them! (although the bro's SHOULD hit this from time to time)

29) Can You Lend a Hand:

- SA KB Squat x10e
- SL KB RDL x10e
- SA KB Swings x10e
- SL Squat x10e
- Plank with Shoulder Flexion x10e

x5 Rounds

- Partners do opposite sides at the same time!

30) The Switch:

- A1) MB Squat to Press x15
- A2) MB Slam x15
- B1) Speed Skater Jump x10e
- B2) Jump Squat x20
- C1) Leg Raise x15
- C2) Sit-out x8e

x10 Rounds

- To perform, one partner does A1,B1,C1 while the other does A2,B2,C2.. Then the SWITCH happens!
- Each Partner will do each set of exercises 5 times!

31) The A-Team:

- (A)lternating Lateral Lunges
- (A)lternating Overhead Press
- (A)lternating Jumping Lunges
- (A)lternating DB Bent Over Rows
- (A)lternating Plank Knee to Opposite Elbow
- x20s work/20s rest: x5 Rounds
- One partner works while the other rests and coaches up their partner!



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32) You Owe Me:

- DB Step Up x12e (take turns stepping up)
- Plank with Hand taps x12e
- Low Box Jump x12 (take turns jumping on)
- Mountain Climbers x20e (this exercise is a race)
- Sprint???
- whoever finishes the mountain climbers first, the other partner OWES them a 60yd sprint!
- x5-7 Rounds

33) My Ride or Die:

- Low Sled Push OR plate push: x30yd (you could push your partner on the sled)
- AB Wheel Rollout x10 (try to get further out than your partner)
- Back-ward's Bear Crawl x15yds (partner guides you then they go)
- Elbow Plank x1min (do the plank together! On the last round, see who lasts the longest!)
- 5 Rounds

"Fitness Challenges"

1) 1 slam, 2 slam, 3 slam, more?!

- How many MB Slams can you get in 10 minutes?
- Women=15-20lbs, Men=25-30lbs.

2) The Grocery Carry

- How far can you walk with your "groceries" A.K.A- Farmer's Walk.
- Pick up the KB's or DB's and see how long/how far you can walk with them without dropping them! Try to beat yourself every time you perform the challenge!
- Women= 2-35lb's, Men= 2-55lb's

3) The Walk of Shame

- Start a timer and start doing walking lunges. How long can you go for? 1 minute? 2 minutes? 10 Minutes? Go ahead, try it out!
- You must do one lunge after the next (successively) until you can not complete another lunge! This is done with your own bodyweight!



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4) Rise Up from the DEAD!

- Deadlift your bodyweight for as many reps as possible in 15 minutes.
- You may use a trap bar, traditional barbell or a KB (sumo deadlift stance is acceptable as well)
- Try to beat your reps every time you try it!

5) Swing for the Fences

- How many KB Swings can you complete in 5 minutes?
- Here's the kicker, swings must be CHEST high & $M=55^{\wedge}/W=35^{\wedge}$.
- Once you have your first number, keep on trying to better it!

6) Gator Pit!

- Start doing an alligator (plank) crawl with a slider on your feet. (you can also do it without sliders: <https://www.youtube.com/watch?v=UpBqDvYKBz8>)
- How long can you hold yourself up while crawling forward?

7) Push It, Push It, Real Good:

- BB Bench Press your bodyweight (or pushups) for as many reps as possible in 10 minutes.
- Your butt must stay on the bench and bar must touch your chest!
- Try to beat your reps every time you try it!

8) Keep your Chin Up:

- Chin Up Challenge: how many reps can you go from a dead hang to touching your chest to the bar without letting go? **NO kipping or swinging allowed**
- Go ahead, give it a try & keep your CHIN UP, your number will get better! ;)
(sub inverted rows or TRX rows as well)

9) Are you Suicidal?:

- Start a timer: Perform a suicide (shuttle run: 5yd and back, 10yds and back, 15yds and back, 20yds and back), once you are done, perform 20 MB Slams ($M=25^{\wedge}/W=15^{\wedge}$) and 20 Pushups.
- Mark your time, try to beat it!



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10) BURnt'or CRUNCHy?:

- Burpee x10
- Jackknife Crunch x10 (<https://www.youtube.com/watch?v=e1z1gMpq1Z4>)

x10 Rounds ****as fast as possible****
- Beat it next time!

11) LORD OF THE WEIGHTS

- Are you Lord over the weights??
- Here is the challenge?
- BB Back Squat your bodyweight
- BB Bench Press your bodyweight
- BB Deadlift your bodyweight
- BB OH Press your bodyweight
- Do 1 Chin Up & 1 Pull Up
- Do a 2 Minute Plank

****This is done all in the same workout back to back!****

If you can't do it, keep working on it until you can!

12) Row with the Flow:

- Can you row 1,000m without stopping? How long did it take you?
- Try to beat it!

13) Rain Drop..Drop Top..SQUAT til' you drop:

- BB Back Squat Challenge
- To Perform, put your bodyweight on the bar and see how many reps you can do within 15 minutes! You can also substitute KB's or Bodyweight for this challenge! Mark your reps and improve each time!

14) Burpee Blast! 😊

-7 Minutes of Burpees! How many can you do??
Log and repeat to try and beat your score!!



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15) Up, Up, and away:

- Plank Up Challenge!
- How many Plank Ups can you do without dropping?
- Stopping is permitted as long as you remain in the plank position!

<https://www.youtube.com/watch?v=LICrkuVmD4M>

16) Empty the Tank:

- Row OR Run 200m
- BB/Trap Bar or KB Deadlift x4 (60% of max or heavy)
- Pushup x10
- KB Swing x20 ($M=55^{\wedge}/W=35^{\wedge}$)
- How many rounds can you complete in 20 minutes??

17) Hang in There:

- BB/KB Hang Clean x5
- Hanging Leg Raise x10
- Chin-up x10

x5 Rounds for time!

18) It's Complex:

- DB Complex: how many rounds can you hold the DB's without putting them down??
- DB Curl to Press x8
- DB Bent Over Row x8
- DB RDL x8
- DB Front Squat x8

19) The Core Crusher

20 Reverse Crunches
20 Roll Outs
20 Lying Windshield Wipers
20 Lying Med Ball Pass

Complete 5 rounds as fast as possible and record your time!!
Track and try to do better the next time!



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20) The Floor is Lava... so you have to HANG!

- How long can you hang from a bar in the bottom position?
- Hands are in the supinated position (think chin up)
- Chalk up, grip it, and Holdddddd! This is great for competitions between members! 😊

21) It BROAD-Sided Me:

- Broad Jump Challenge: you get 5 broad jumps to get as far as you can! How far did you get?? 10yds? 20yds? Try it out!

22) HOLD up!:

- How long can you sit in a Lunge Iso-Hold Position?
- Think you can do both sides for the same amount of time?
- Well get to HOLDing that lunge!

23) Rope-A-dope:

- How fast can you do:
 - 100 Rope Slams (hands must come to head and slam to hips)
 - 100 Rope Jacks (hands must come to shoulder height and down to hips)
 - 100 Rope Waves (t) (hands must go to chest then to hips)
- Go from one exercise to the next! Get your time!

24) Can you STAND it?

- Walking Lunges (bodyweight) x30yds
- Jump Squats x30
- Bear Crawl x30yds
- How many rounds can you perform in 10 minutes??
- Can you STAND the leg pump?!

25) When I DIP, you DIP, we DIP:

- Dip Challenge:
 - Get a weight belt with a chain so you can hang some weights!
 - How heavy can you go for 5 reps? You can also do a bodyweight challenge!
 - You must get to parallel then back up!



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26) Get up to get back down:

- Turkish Get Up Challenge:
- How Heavy can you go so that you complete 2 full reps on EACH side?

27) Saved by the kettleBELL:

- Start on the floor, start performing a Turkish Get Up
- Once to the top, do (1) SA KB Swing, SA Goblet Squat, SA OH Press
- Then go back down and complete the rest of the Turkish Get Up
- Do the other side!
- How many reps (per side) can you do in 10 minutes? WHOA...

28) Grease the Wheels:

- BB/DB/KB Hang Clean to Press x8
- AB Wheel Rollout x12
- Low Box Jump x20

x7 Rounds for time!

29) You're gonna need some chalk:

- Clean Challenge!
- BB/DB/KB Clean (Clean from the floor + front squat)
- Use half of your bodyweight OR 50-60% of your max
- How many reps can you do in 10 minutes?

30) Push the Earth Down:

- Pushup Challenge:
- Can you do a pushup with half of your bodyweight on your back?
- If yes, how heavy can you go? **make sure to have a partner**

31) Need help SITting Up?:

- SL Sit Up Challenge:
- How Many Straight Leg Sit Ups can do in 2 minutes?



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32) Frogger:

- Frog Jump Challenge:
- How many Frog Jumps can you complete in 3 minutes?
- Hands (fingertips) must touch the floor and you must get off the floor.

33) Weight of the World rests on the Shoulders:

- BB/KB OH Press Challenge:
- Can you Overhead Press your bodyweight with a BB or Can you do 50-70elbs with 2 KB's??
- If so, how many times?

****All of these challenges are designed to test you physically and mentally! Try to do them, then get better at them. That's the name of the game, so have fun trying them! As we cannot determine the size, gender or fitness level of everyone's clientele as well as the type of business or equipment you operate with, feel free to modify as you see fit!****

The Exercise Library

You can use this extensive exercise library to substitute exercises as well as view video of proper execution.

"Exercise Library"

WARM-UP

CORRECTIVE

[Dead Bug](#)

[Piriformis Stretch](#)

[Half-Kneeling Hip Flexor Stretch with Rotation](#)

[Adductor Stretch Static](#)

[Standing Wall Soleus Stretch](#)

[Standing Heel to Butt Quad/Hip Stretch](#)

[Side Leaning Wall IT Band Stretch](#)

[Prayer Squat](#)



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[Prisoner Squat](#)
[Overhead Squat \(tubing\)](#)
[Half-Kneeling Hip Flexor Stretch with Rotation](#)
[Kneeling Thoracic Spine Rotation](#)
[Side Lying Leg Raise](#)
[Scapular Push Up](#)
[Kneeling Rock Back \(groin\)](#)
[Foam Roll Series](#)

MOBILITY

[Half-Kneeling Hip Flexor with Ankle Mobility](#)
[Half-Kneeling Thoracic Spine Rotation](#)
[World's Greatest Stretch](#)
[Walking Hamstring Stretch](#)
[Toe Touch to Squat](#)
[Toe Touch to Squat Arms Overhead to Stand](#)
[Supine Floor Slide \(Shoulder\)](#)
[Standing Wall Slide \(Shoulder\)](#)
[Sumo Squat to Hold](#)
[Standing Wall Ankle Mobility](#)
[Wall Hip Swing \(Lateral for Groin\)](#)
[Wall Hip Swing \(Forward for Hips\)](#)
[Quadruped Hip Circle](#)
[Quadruped Thoracic Spine Extension and Flexion](#)
[Scorpion](#)
[Iron Cross](#)
[Around the World \(Shoulder\)](#)
[Forearm Wall Slider](#)
[Side Lying Windmill](#)
[Supine Bridge with Alternate Reach](#)
[Knee Break with Ankle Mobilization](#)
[Cuban Press](#)
[Kettlebell Arm Bar](#)
[Shin Box](#)
[Triangle](#)
[Bretzel](#)



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ACTIVATION

[Band Pull Apart](#)
[Monster Band Walking](#)
[Lateral Band Walking](#)
[Single-Leg Deadlift Both Legs](#)
[Walking Knee Hug](#)
[Glute Bridge](#)
[Single-Leg Glute Bridge](#)
[Fire Hydrant](#)
[Single-Leg Raise](#)
[Hip Circle](#)
[Superman](#)
[Snow Angel](#)

DYNAMIC

[Alternate Lateral Lunge with Overhead reach](#)
[Pull Back Butt Kick to Lunge with Overhead Reach](#)
[Bear Crawl](#)
[Walking Lunge Overhead Reach](#)
[Spider](#)
[Frog](#)
[Rabbit](#)
[Tiger](#)
[Chimp](#)
[Gorilla](#)
[Inchworm](#)
[Spider Lunge](#)
[Snail](#)
[Side Shuffle](#)
[Back Peddle](#)
[High Knees](#)
[Power Skip](#)
[Wide Out](#)
[Gate Swing](#)
[Jumping Jacks](#)



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[Fling Jump](#)
[Seal Jump](#)
[Low Pogo](#)
[High Pogo](#)
[Carioca](#)

CORE TRAINING

CORE ANTI EXTENSION

[3-Point Plank](#)
[Half-Kneeling Cable/Band Chop](#)
[Medicine Ball Overhead Toss](#)
[Rotational Ball Slam](#)
[Medicine Ball Rotational Wall Throw](#)
[Plank](#)
[Feet-Elevated Plank](#)
[TRX Plank](#)
[Reverse Crunch](#)
[Reverse Crunch](#)
[Rollout Progression](#)
[TRX Fallout](#)
[TRX Flutters](#)
[Kettlebell Turkish Get Ups](#)
[Half-Turkish Get Ups](#)

CORE ANTI ROTATION

[Band Pallof Press](#)
[Pallof Press ISO Hold](#)
[Pallof Press](#)
[Side Plank from Knees](#)
[Side Plank](#)
[Wide Stance Anti-Rotation Chip with Rope](#)



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CORE ANTI LATERAL FLEXION

[Farmer's Walk](#)
[Single-Arm Farmer's Walk](#)
[Offset Load Kettlebell/Dumbbell Farmer's Walk](#)
[Overhead Farmer's Walk](#)
[Side-Plank + Row](#)
[Suitcase Deadlift](#)
[Waiter Walk](#)
[Windmill](#)

CORE STRENGTH

[Medicine Ball Crunch](#)
[Leg raise](#)
[V Ups](#)
[Alternate V Ups](#)
[Medicine Ball Russian Twist](#)
[Knee Grabs](#)
[Medicine Ball Toe Touches](#)
[Straight Leg Sit Ups](#)
[Flutter Kicks](#)
[Scissor Kicks](#)
[Bicycle Crunches](#)
[Hanging Leg Raises](#)
[Stability Ball Crunches](#)
[Hanging Toes to Bar](#)
[Hanging Knees to Elbows](#)
[Knee Ups on Bench](#)
[Cable Rotations](#)
[Stability Ball Tucks](#)
[Stability Ball Pikes](#)

POWER DEVELOPMENT

[Clean](#)
[Power Cleans](#)



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[Hang Cleans](#)
[Jump Shrugs](#)
[Kettlebell Deadlift to High Pull](#)
[Kettlebell Squat to Upright Row](#)
[Jump Squats](#)
[Medicine Ball Rotational Throws](#)
[Broad Jump](#)
[Vertical Jump](#)
[Ice Skater](#)
[Ball Slams](#)
[Rotational Ball Slams](#)
[Medicine Ball Chest Passes](#)
[Barbell Push Press](#)
[Dumbbell Push Press](#)
[Barbell High Pull](#)
[Dumbbell High Pull](#)
[Barbell Clean Pull](#)
[Single-Leg Bounds](#)
[Single-Arm Dumbbell Snatch](#)

ENERGY SYSTEMS TRAINING

[Stability Ball Atomic Crunches](#)
[Slider Atomic Crunches](#)
[TRX Atomic Crunches](#)
[Sliders Body Saw](#)
[TRX Body Saw](#)
[Burpee](#)
[Squat Thrust](#)
[Kettlebell Clean](#)
[Dumbbell Reverse Lunge with Single Arm](#)
[Press](#)
[Half-Turkish Get-up to Bridge](#)
[Turkish Get-up](#)
[Inchworm](#)
[Inchworm with Spiderman](#)
[Landmine Rainbows](#)
[Mountain Climbers](#)
[Lying Windshield Wiper](#)
[Plank Jack](#)



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[Prone Slider Alligator](#)
[Renegade Row](#)
[Dumbbell Squat to Press](#)
[Kettlebell Squat to Press](#)
[Barbell Squat to Press](#)
[TRX Pike](#)
[TRX Push-up Pike](#)
[Rope Jacks](#)
[Rope Waves](#)
[Rope Slams](#)
[Sled Pull](#)
[Sled Push](#)
[High Knees](#)
[Medicine Ball Rotation Throws](#)
[Overhead Lunges](#)

HIP DOMINANT

[Kettlebell Deadlift](#)
[Double Kettlebell Deadlift](#)
[Trap Bar Deadlift](#)
[Low Grip Trap Bar Deadlift](#)
[Barbell Deadlift](#)
[Barbell Deadlift from Deficit](#)
[Snatch Grip Deadlift](#)
[Glute Ham Raises](#)
[Double Kettlebell High Pull](#)
[Barbell High Pull](#)
[Kettlebell Romanian Deadlift](#)
[Barbell Romanian Deadlift](#)
[Snatch Grip Romanian Deadlift](#)
[Single-Arm Dumbbell Snatch](#)
[Sumo Deadlift](#)
[Kettlebell Swing](#)
[Single-Arm Kettlebell Swing](#)
[Slider Leg Curls](#)
[Stability Ball Leg Bridge](#)
[Stability Ball Leg Bridge Abducted](#)



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BICEPS

[Barbell Curls](#)
[Dumbbell Hammer Curls](#)
[Cable Curls](#)
[Rope Curls](#)
[Dumbbell Curls Seated](#)
[Incline Dumbbell Curls](#)
[Band Curls](#)
[Close Grip Dumbbell/Barbell Bench](#)
[Reverse Curls](#)

TRICEPS

[Triceps Press Down](#)
[Rope Press Down](#)
[Lying Dumbbell Extension](#)
[Lying Barbell Extension](#)
[Single-Arm Cable Kickback](#)
[Overhead Rope Extension](#)
[Bench Dip](#)
[Dips](#)

SCAPULAR

[IYT Bench](#)
[IYT](#)
[Face Pull](#)
[Snow Angel](#)

ROTATOR CUFF

[Side-Lying External Rotation](#)
[External Rotation on Knee](#)
[External Rotation at 90 degrees](#)
[Internal/External Rotation with Bands](#)



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QUAD DOMINANT

[Barbell Front Squat](#)
[Barbell Back Squat](#)
[Safety Bar Squat](#)
[Kettlebell Goblet Box Squat](#)
[Dumbbell Front-Loaded Box Squat](#)
[Barbell Front-Loaded Box Squat](#)
[Isometric Wall Sit](#)
[Bodyweight Squat](#)
[Kettlebell Goblet Squat](#)
[Double Kettlebell Front Squat](#)
[Dumbbell/Kettlebell Squat to Press](#)
[Barbell Squat to Press](#)
[Offset Kettlebell Front Squat](#)

VERTICAL PULL

[Band-Assisted Chins](#)
[Chin-ups/Pull-ups](#)
[Wide Grip Pull-up](#)
[Weighted Chins/Pull-ups](#)
[Reverse Grip Pulldowns](#)
[Vertical Band Pulldown](#)
[Lat Pulldowns Wide](#)
[Lat Pulldowns Close](#)

VERTICAL PRESS

[Seated Barbell Shoulder Press](#)
[Landmine Shoulder Press](#)
[Dumbbell /Kettlebell Push Press](#)
[Single-Arm Dumbbell Push Press](#)
[Single-Arm Kettlebell Push Press](#)
[Barbell Push Press](#)
[Standing Dumbbell Shoulder Press](#)
[Standing Alternating Dumbbell Shoulder Press](#)



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[Standing Single-Arm Dumbbell Shoulder Press](#)

[Split Stance Dumbbell Shoulder Press](#)

[Standing Barbell Shoulder Press](#)

[Dumbbell/Kettlebell Squat to Press](#)

[Barbell Squat to Press](#)

[Vertical Band Press](#)

[Tall Kneeling Dumbbell Press](#)

[Half-Kneeling Dumbbell Press](#)

[Tall Kneeling Single-Arm Dumbbell Press](#)

[Half-Kneeling Landmine Shoulder Press](#)

[Tall Kneeling Landmine Shoulder Press](#)

SINGLE LEG

[Dumbbell/Kettlebell Step-ups](#)

[Barbell Step-ups](#)

[Barbell Front-Loaded Step-up](#)

[Double Kettlebell Front-Loaded Step-up](#)

[Overhead Step-ups](#)

[TRX Single-Leg Squat](#)

[TRX Single-Leg Squat with Jump](#)

[Single-Leg Squat](#)

[Single-Leg Squat to Bench Counterbalanced](#)

[Single-Leg Squat Jump](#)

HORIZONTAL PRESS

[Barbell Bench Press](#)

[Barbell Incline Bench Press](#)

[Dumbbell Bench Press](#)

[Dumbbell Incline Bench Press](#)

[Alternating Dumbbell Bench Press](#)

[Single-Arm Dumbbell Bench Press](#)

[Single-Arm Cable Chest Press](#)

[Alternating Dumbbell Incline Bench Press](#)

[Single-Arm Dumbbell Incline Bench Press](#)

[Band Chest-Press](#)

[Dumbbell Floor Chest Press](#)



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PUSH UP PROGRESSION

[Band Assisted Push-up](#)
[Push up](#)
[Feet-Elevated Push-up](#)
[Band-Resisted Push-up](#)
[Explosive Push-up](#)
[Spiderman Push-up](#)
[Band-Loaded Spiderman Push-up](#)
[Feet-Elevated Spiderman Push-up](#)
[TRX Suspended Push-up](#)
[Yoga Push up](#)

UNILATERAL HIP DOMINANT

[Single Dumbbell Single-Leg Romanian Deadlift](#)
[Double Dumbbell Single-Leg Romanian Deadlift](#)
[Single-Leg Bridge](#)
[Bosu or Stability Ball Single-Leg Bridge](#)
[TRX Single-Leg Bridge](#)
[Bodyweight Single-Leg Deadlift](#)
[Kettlebell Single-Leg Deadlift](#)
[Bodyweight Single-Leg Romanian Deadlift](#)
[Kettlebell/Dumbbell Single-Leg Romanian Deadlift](#)
[Barbell Single-Leg Romanian Deadlift](#)
[Romanian Deadlift with Kickstand](#)
[Single-Leg Slider Leg Curl](#)
[Single-Leg Stability Ball Leg Curl](#)

UNILATERAL QUAD DOMINANT

[Landmine Reverse Lunge](#)
[Landmine Overhead Reverse Lunge](#)
[Walking Kettlebell/Dumbbell Lunge](#)
[Kettlebell/Dumbbell Reverse Lunge](#)



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[Barbell Reverse Lunge](#)
[Dumbbell Split Squat](#)
[Front-Foot Elevated Split Squat](#)
[Staggered Stance Squat](#)
[Kettlebell Goblet Staggered Stance Squat](#)
[Barbell Front-Loaded Reverse Lunge](#)
[TRX Single-Leg Squat](#)
[TRX Single-Leg Squat with Jump](#)
[Slider Reverse Lunge](#)

HORIZONTAL PULL

[Resistance Band Row](#)
[Band Pull Apart](#)
[Barbell Inverted Row](#)
[Feet Elevated Barbell Inverted Row](#)
[Standing Band Row](#)
[Dumbbell Bent Over Row](#)
[Barbell Bent Over Row](#)
[Landmine Bent Over Row](#)
[Kneeling Single-Arm Dumbbell Row](#)
[Single-Arm 3-Point Plank Row](#)
[Alternating Plank Row](#)
[TRX Single-Arm Row](#)
[TRX Face-Pull](#)
[TRX Inverted Row](#)
[Feet-Elevated TRX Inverted Row](#)
[1/2 Kneeling Single-Arm rows](#)
[Single-Arm 3-Point Row](#)
[Single-Arm 2-point Row](#)