

SheRox

TEAM CHALLENGE

CORPORATE

Team challenge



Team Size

6 Participants Per Team



Format

Pair Relay Format



Goal

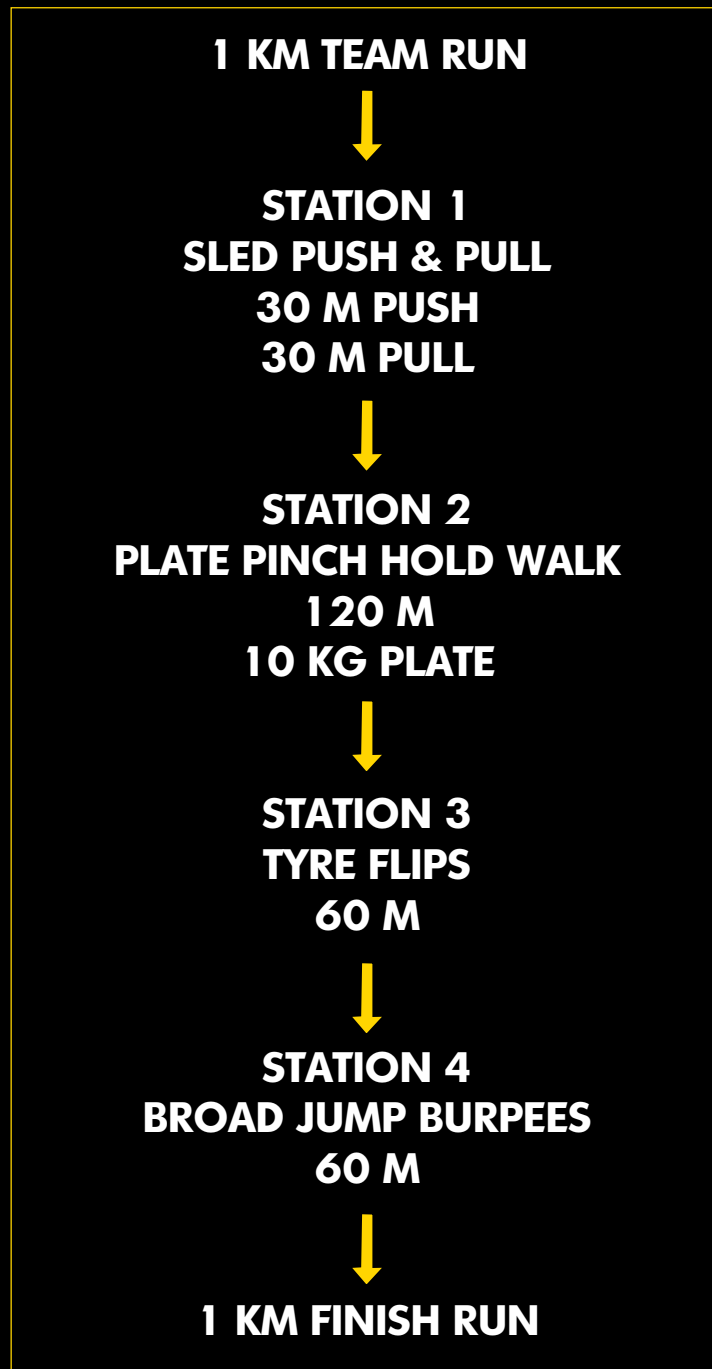
Complete the entire challenge in the fastest time

Workout Flow

- All 6 participants start together with a 1 km team run. Team timing starts from the beginning of this run.
- The team must stay together throughout the run.
- Once all 6 participants complete the run, the first pair begins at Station 1.
- Participants compete in pairs, with only one pair on each station at a time.
- Once Pair 1 completes Station 1, they immediately move to Station 2.
- As soon as Pair 1 vacates Station 1, Pair 2 begins Station 1.
- The same sequence continues until all three pairs have progressed through every station.
- After the final pair completes Station 4, the entire team regroups.
- All 6 participants complete the final 1 km run together.
- Team timing stops when the last participant crosses the finish line.

Race Format

Race Sequence



Workout Stations

STATION 1

SLED PUSH

30 M

STANDARDS

- * Two participants work together to complete the station.
- * Sled must be pushed for the full designated distance.
- * Sled must remain within the assigned lane.
- * Entire distance must be completed before beginning the sled pull.

SLED PULL

30 M

STANDARDS

- * Participants pull the sled back over the designated distance.
- * Sled must remain under control throughout the movement.
- * Entire distance must be completed before moving to the next station.

STATION 2

PLATE PINCH

HOLD WALK

120 M

WEIGHT - 10 KG

STANDARDS

- * Participants must carry the plate using a pinch grip.
- * Plate must remain under control throughout the movement.
- * If dropped, participants must resume from the point where the plate landed.
- * Full distance must be completed before proceeding.

Workout Stations

STATION 3

TYRE FLIPS

60 M

STANDARDS

- * Tyre must start flat on the ground.
- * Participants must use both hands to initiate each flip.
- * Tyre must rotate completely before the next flip begins.
- * Rolling, dragging or pushing the tyre is not permitted.
- * Tyre must remain within the designated lane.

STATION 4

BROAD JUMP BURPEES

120 M

STANDARDS

- * Participants perform a burpee followed by a broad jump.
- * Chest and thighs must touch the ground during every burpee.
- * Athlete must return to full standing before each jump.
- * Continue progressing until the full distance is completed.

Rules

- . Teams consist of 6 Participants.
- . Participants compete in pairs throughout the workout stations.
- . The race begins with a 1 km team run.
- . Pair 2 may begin only after Pair 1 has completely vacated Station 1.
- . Pair 3 may begin only after Pair 2 has vacated Station 1.
- . Each pair must complete all four workout stations in the prescribed order.
- . After the final pair completes Station 4, the entire team regroups.
- . All 6 participants must complete the final 1 km run together.
- . Team timing stops when the last athlete crosses the finish line.
- . The team with the fastest overall completion time wins.

**THANK
YOU**