



SPRINGFIELD COLLEGE WOMEN'S SOCCER



Iron Cup Championship Challenge

Rules

- Captains will start and end the time
- You **MUST** move as a team. This means that if one person is trying to finish an exercise, everyone has wait for them to be done to move on.
- **YOU CAN PICK UP REPS FOR TEAMMATES**
- If someone is having a hard time finishing, teammates who have finished their reps and pick up reps for that person. For example, if the exercise is 100 push-ups and I've finished my 100 and I'm waiting for a few of my teammates, I will say their name and tell them how many I'm "giving" (say it's 10). Then I would complete those reps (10 reps) and that'll give that person 10 less reps to do. This will help your team move faster through the challenge too
- Do **NOT** quit!
- Help each other through this challenge. Encourage each other and push each other. This is **YOUR** team. These are **YOUR** sisters. 100 strong is 1
- Captains stop the time as soon as the last person is finished with the last exercise.
- Team with the fastest time will win the Iron Cup Championship Challenge!

Non-Injury:

- Rocket Jumps x50
- Bear Crawl x50yd
- Body Weight Squats (Thighs to Parallel) x100
- Leg Raises x100
- 10yd Sprint + 10e High Knees x10
 - Complete One 10yd Sprint + 10e High Knees = 1 Rep
- Lateral Jumps x50e
- Push-Ups x100
- Walking Lunges x50e
- Pocket Plank x50e
- 10yd Back Pedal + 10e Mountain Climbers x10
 - Complete One 10yd Back Pedal + 10e Mountain Climber = 1 Rep
- Burpee (No Push-Up) x50
- Y's, T's, W's x20e
- SL RDL x20e
- Sit-Ups (Elbows to Knees) x100
- 10yd Sprint + 5 Hand-Walkouts x10
 - Complete One 10yd Sprint + 5 Hand-Walkouts = 1 Rep
- Forward/Backward Jumps x50e
- Plank Up-Downs x25e



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- Glute Bridges x100
- Toe Touches x100
- 10yd Lateral Shuffle + 10 Plank Jacks x10
 - Complete One 10yd Lateral Shuffle + 10 Plank Jacks = 1 Rep
- Hollow Hold Finisher x1:30

Lower Body Injury:

- Explosive Wall Push-Offs x50
- Pocket Plank x50e
- Backpack OH Press x100
- Plank Reaches x50e
- Seated Towel Slams x50
- Y's, T's, W's x20e
- Push-Ups x100
- SL V-Up x50e
- Seated Side to Side Towel Slam x25e
- Plank Up Downs x25e
- Y's, T's, W's x20e
- Sit-Ups (Elbows to Knees) x100
- SA Banded Rows x50e OR SA Laundry Detergent Rows x100e
- Plank Out, Out, In, In x50
- Backpack Floor Press x100
- Seated Field Goals x50
- Hollow Hold Finisher x1:30

Scoring

1st place = 250 Points

2nd place = 150 Points

3rd place = 90 Points

4th place = 80 Points

**** The captain from each team must send Coach Terrie the team's time by 9pm on Friday****