

LOVE THY NEIGHBOR

FITNESS CHALLENGE



**GRAB A PARTNER &
COMPLETE UP TO 10
WORKOUTS**

2ND-14TH FEB 2026

GRAND PRIZE: \$250 / person

I - GO - YOU - GO # 1

EMOM 40

PARTNER A

15 AIR SQUATS

10 SIT-UPS

5 BURPEES

PARTNER B

REST

SWITCH EVERY MINUTE



RELAY #2

TAP IN - TAP OUT

50 BURPEES

100 PUSH-UPS

150 AIR SQUATS

200 SIT-UPS

150 AIR SQUATS

100 PUSH-UPS

50 BURPEES

One partner works while the other rest. Tap in & Tap out as needed. Reps are cumulative between partners.

SYNCHRO #3

GO FOR TIME

Perform each exercise while staying in synch with your partner.

30 RUSSIAN KB SWINGS

30 KB GOBLET SQUATS

5 KB TURKISH GET-UPS, RT ARM

5 KB TURKISH GET-UPS, LT ARM

20 RUSSIAN KB SWINGS

20 KB GOBLET SQUATS

4 KB TURKISH GET-UPS, RT ARM

4 KB TURKISH GET-UPS, LT ARM

10 RUSSIAN KB SWINGS

10 KB GOBLET SQUATS

3 KB TURKISH GET-UPS, RT ARM

3 KB TURKISH GET-UPS, LT ARM

Rx for Men: 55-lb KB/35-lb KB for get-ups

Rx for Women: 45-lb KB/20-lb KB for get-ups

Intermediate option: Men drop to 25-lb KB for get-ups. Women drop to 12-lb DB for get-ups.

STATIC/PLYO #4

GO FOR TIME

1/4 MILE FARMER CARRY (TOGETHER)

100 AIR SQUATS / PLANK HOLD

90 PULL-UPS / SUPERMAN HOLD

80 SIT-UPS / WALL SIT HOLD

70 BURPEES / HANG HOLD

60 WALL BALL SHOTS / HOLLOW HOLD

50 HR PUSH-UPS / BRIDGE HOLD

1/4 MILE FARMER CARRY (TOGETHER)

One partner performs the plyo skill while the other partner performs the static hold. Neither partner is ever at rest. Partners may switch between plyo/static exercises as much as needed.

BARBELL RELAY #5

24 MINUTE EMOM

PARTNER A

4 BENT OVER ROWS

4 DEADLIFTS

3 HANG CLEANS

3 THRUSTERS

2 SQUATS (FRONT RACK OR OH)

PARTNER B

REST

SWITCH EVERY MINUTE

I-GO-YOU-GO #6

30SEC/30SEC FOR 3 ROUNDS



**MED BALL SIT-UPS
GORILLA ROWS
OVERHEAD CARRY
UPRIGHT ROWS
TOES TO BAR
PULL-UPS**

**6 stations = 3 minutes of work at each
station before switching**



SYNCHRO #7

FOR TIME

50 WALL BALL SHOTS

40 DB CLEAN & JERKS

30 MED BALL OVER SHOULDER

20 KCALS ON CARDIO MACHINE

50 BURPEES

40 GOBLET SQUATS

30 PULL-UPS

.2 MILE RUN

Try to stay in synch with your partner

I - GO - YOU - GO # 8

GO FOR TIME



**5 DB HANG CLEANS
4 DB FRONT SQUATS
3 DB PUSH PRESS
2 DB THRUSTERS
1 BURPEE**

X10 ROUNDS/PARTNER



**First partner must complete entire round
before second partner can begin**



RELAY #9

30 MINUTE AMRAP

PARTNER A

12 BURPEES

PARTNER B

**10 PLATED G.O.H.
1 OVERHEAD CARRY**

Both partners work at the same time and go back & forth between exercises. Overhead carry is the full length of the basketball court- down & back. Complete as many rounds as possible in 30 minutes.

SYNCHRO #10

10 ROUNDS FOR TIME



**1 MINUTE WALL SIT
10 GORILLA BURPEES**

Try to stay in synch with your partner

