

Driven

1) KB Thrusters

Lateral Hops

2) Box Jumps

Kick Backs (Burpees w/o push up)

3) Med Ball (MB) Slams

MB Hip to hip

4) Bumper Plate(BP) BO Row

Standing BP Chest Press

5) Push ups

Jump Squats

Two athletes are at a station. One does one exercise. Other does the second exercise. For 30 seconds have them keep count of their total reps and record. THEY MUST GO AS HARD AND AS FAST AS THEY CAN GO. 45 second break and switch. Again record their reps. 2 minute break and switch stations. REPEAT for all 5 stations. Have them rest 5 minutes before the TEST.

Have 5 playing cards. Have athlete pick two cards. Each numbered card is associated to the stations. 1 to stations 1, 2 to station 2 and etc.

Rules: They must ALL break their previous numbered reps or they must pick another card (station) to complete. Again, they must break their previous recorded reps.

GOAL: The athlete will work harder due to the group or team relying on them. Also the fear of failure also DRIVES the athlete to accept the pain and push forward for the better and bigger goal.

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