

Group A

Cross-Training Triumph Tasks

Every group member must perform each task before the task name and points can be recorded on the master point chart.

Task 1: Jump rope 50 times = 70 points

Task 2: Jog three laps while dribbling a basketball = 50 points

Task 3: Do step aerobics, basic step for three minutes = 50 points

Task 4: Slide sideways around the perimeter of the activity area two times = 70 points

Group B

Cross-Training Triumph Tasks

Every group member must perform each task before the task name and points can be recorded on the master point chart.

Task 1: Shoulder press with hand weights (15 reps) = 70 points

Task 2: Lateral raises with hand weights (15 reps) = 70 points

Task 3: Biceps curls (15 reps per arm) = 50 points

Task 4: Triceps extension with hand weights (15 reps per arm)
= 50 points

Group C

Cross-Training Triumph Tasks

Every group member must perform each task before the task name and points can be recorded on the master point chart.

Task 1: Shoulder press with hand weights (15 reps) = 70 points

Task 2: Slide sideways around the perimeter of the activity area two times = 70 points

Task 3: Resistance tubing chest press (15 reps) = 70 points

Task 4: Jump rope 50 times = 70 points