

Physical Fitness Relay

Participants: 8 Pathfinders (smaller clubs may use less or borrow from another club)

Wheelbarrow/20 Sit Ups – 2 Pathfinders (start line)

Backward Runner – 1 Pathfinder (goal line)

25 Jumping Jacks – 1 Pathfinder (start line)

Forward Crab Walk – 1 Pathfinder (goal line)

20 Squats/Sprint – 1 Pathfinder (start line)

3 Legged Racers – 2 Pathfinders have legs tied together with 2 ropes (goal line)

Start Line to Goal line – 25 feet

Start Line – 4 Pathfinders (wheelbarrow, jumping jacks, squats/sprint)

Goal line – 4 Pathfinders (backward runner, forward crab walk, 3 legged)

Chain of events – timer starts:

Wheelbarrow (1 pathfinder holds other pathfinders ankles) from start line to goal line

Once they cross the goal line, the wheelbarrow holds the other Pathfinders ankles who does 20 situps

Once situps are done, Backward Runner runs backward from goal line to start line.

When Backward Runner crosses the start line,

Next Pathfinder does 25 jumping Jacks.

When jumping jacks are done,

Forward Crab walk is done from Start line to goal line

Once Forward Crab crosses the goal line,

20 Squats are done by next Pathfinder who then sprints from start line to goal line

Once Squats/Sprinter crosses the goal line

Remaining 2 Pathfinders do 3 legged race from Goal Line to Start Line.

Timer stops once they cross the Start line.

This is a timed race and 1st, 2nd and 3rd place will be given that day based on a curve grading.