



## IGNITE CHALLENGE: ALWAYS READY

“BE AT YOUR BEST WHEN YOUR BEST IS NEEDED”

The Ignite Performance Training methodology is about training athletes of all ages and abilities to be prepared for the demands of sport, recreation, and life using a 360-degree total body approach. Whether it be a team challenge, charity fundraising event, performance challenge, or an event, creating challenges in your training programs prepares you for any of life's challenge.

Ignite Performance Training workouts are built with the understanding that clients need to “earn their progressions” within the Ignite Performance Training Progression Pyramid, using the elements of Performance Balance, Integrated Strength, and Athletic Movement. Challenges carry this same philosophy. Clients must always “earn” challenges and trainers must understand how to appropriately challenge. If a challenge is created that is inappropriate for an individual based on their age, sport, training level, and competitive nature, then it can actually decrease your clients ability to move and perform at their best.

### Individual Challenge

Programming: As an individual, athletes complete as many sets of each exercise, collecting 1-point per completed set..

Equipment Needs: 1 per individual: Medicine Ball

Exercises:

1. MB Lunge Jumps with slam (10/side)
2. MB Biased Push-Up (10/side)
3. MB Russian Twists (10/side)

**SCORE** \_\_\_\_\_

### Partner Challenge

Programming: As a team, two partners work together to complete as many sets of each exercise as possible, collecting 1-point per completed set.

Equipment Needs: 1 per individual: Step360, Cone/Hurdle

Exercises:

1. 1-Leg Lunge with Knee Repeater (10/side)
2. Hurdle Tuck Jumps (10)
3. Decline Push-Up (10)

**SCORE** \_\_\_\_\_

### Team Challenge

Programming: In groups of four, teams work to complete the most reps of the COUNTER exercise.

Equipment Needs: Smart Muscle® Board; Hurdles; Medicine Ball; BOSU®

Exercises:

1. Mover 1: Lateral Lunge with Jump on BOSU®
2. Counter: Medicine Ball Burpees
3. Pacer: Hurdle Cross-Overs (20)
4. Mover 2: Smart Muscle® Board Tuck & Hold

**TEAM SCORE** \_\_\_\_\_