# **Triple Dunk**

**Time:** 45 Minutes

**Method:** Demo 6 exercises and ask players to write them down for reference.

**Round 1:** Complete each exercise for 2 minutes, then 1 minute, then 30 seconds without stopping to rest. (10 minutes, 30).

**Round 2:** Complete each exercise for 30 seconds, 1 minute, then 2 minutes without stopping to rest. (10 minute, 30).

1.

2.

3.

4.

5.

6.

Rest for 3 minutes before starting round 2.

**Note:** You can shorten this challenge by removing exercises.

* Complete this workout using the first 3 exercises: 21 minutes
* Complete this workout using the first 4 exercises: 28 minutes
* Complete this workout using the first 5 exercises: 35 minutes
* Complete this workout using all 6 exercises: 45 minutes

Choose your workout type and slot the exercises in to the template.

Note: Each template comes with a selection of different exercises.