

2008 Team Challenge 2 Results

If you were unable to attend the past Team Challenge sadly this is what you missed! A Big Market News Station and Local Newspaper Reporters came out to see what NSU's Biggest Losers were up to at their half way mark of the program.

This time around the Teams had to break off and deliberate what each team mate's strengths or weaknesses were and choose who is best suited for each obstacle/ mission.

Each elected team mate had to compete against the other teams' pick for their task and here's what all of them were.

- 1) Med Ball Relay: A race across the basketball courts with a 6lb. 8lb. and a 10lb. Medicine Ball going back and forth and transferring each ball to the opposite side of the court.
- 2) Bi-Cep Curls the next 3 team mates had to complete 30 Bi-Cep Curls with a 15lb. Body Bar.
- 3) Walking Lounges across the basketball courts once across and back holding a set of 10 lb. dumbbells.
- 4) Jump Rope Mission: 3 Other Contestants had to complete 50 full over the head Jumps with the Jump Rope.
- 5) Sprint Run with Stair Climb: They had to run down the RecPlex Hallway down one flight of stairs, then head back up a different flight of stairs and complete this run 2 full times to toss it off to their team mate with the last obstacle.
- 6) Rock Wall Climb: The times were logged and the last 3 contestants chosen to climb had 10 minutes to get as high up the wall as they could. The contestant that reached the highest up would add 2 minutes to their team time, 2nd highest 3 minutes, and 3rd highest 4 minutes.

The **Winner** of the 2nd Team Challenge with a Team Total Time of 12:57 was Team C, the Yellow Team!

2nd Place went to Team B, the Blue Team with a Team Total Time of 14:08 and **3rd Place** went to Team A, the White Team with a Team Total Time of 15:00.

All contestants completed their mission and proved their true strength and progress!