



Trident Fitness Challenge

SCRIPT

Welcome & Introduction:

SAY: “Hello everyone, and welcome to the **Trident Fitness Challenge**!

We're so excited to have all of you here today! Before we get started, I'd like to take a moment to share why we're here. This event is about much more than fitness or competition—it's about coming together to make a real difference in the lives of others.

The **Trident Fitness Challenge** is a fundraiser benefiting **Trident Freedom Foundation**, a faith-driven nonprofit dedicated to bringing **freedom, hope, and restoration** to vulnerable individuals and communities through three pillars of service:

Rescue — supporting efforts that protect the vulnerable and assist those impacted by human trafficking and other crises.

Reach — advancing the Gospel through missionary partnerships, Bible distribution, evangelistic outreach, and disaster relief.

Restore — helping individuals and families rebuild their lives through education, mentoring, rehabilitation, and practical support.

We believe true freedom isn't just about escaping a difficult situation—it's about healing the whole person: body, soul, and spirit.

Today, every rep you complete and every dollar raised helps further this mission. Whether you're competing, cheering on a team, volunteering, or supporting through a donation, you are making a meaningful impact.

Thank you for choosing to use your strength, your time, and your generosity to help bring freedom, hope, and restoration to those who need it most.

Competition Format:

SAY: Now, onto today's competition! Here's how it's going to work:

- Each team should have already chosen a spot to call home for the next hour as we rotate through a circuit of exercises.
- We'll be running a **four-round circuit**; each round will last **10 minutes** with a **2 minute** break in between exercises.
- A whistle/horn will sound at both the beginning and the end of each round.
- During each round, your team will focus on one exercise and take turns completing **10 reps** of that exercise.
- If one of the teammates can not finish their set of 10 reps, the next teammate can "finish" for them and then do their own 10 reps. Teammates may only do a maximum of 10 reps per turn unless finishing reps from the previous person.
- After the 10 minutes are up, you will rest for 2 minutes and total the number of reps the team achieved during this round. You will begin the next exercise when the whistle/horn sounds. Only one person from your team can work at a time, so make sure to pace yourselves and work together!
- Rounds may be done in ANY order, but all teammates **MUST** all do the **same exercise** for that round.
- The exercises for each round are:
 - **Round 1:** Burpees
 - **Round 2:** Push-ups
 - **Round 3:** Sit-ups
 - **Round 4:** Air-Squats

Scoring Instructions:

SAY: Here's how we'll keep track of your progress:

- Each team is responsible for **tallying your own reps**. Every time a team member completes 10 reps, write it down and then the next team member begins.
 - **At the end** of all four rounds, you will add up the tallies from each round and record your overall total, then sign and turn in your scorecard to the Competition Site Manager.
 - The **TEAM** with the **highest total number of reps** across all four rounds will be crowned the winner and take home individual medals!
 - The **GYM** with the **highest total number of reps** across all four rounds + **DONATIONS** will be crowned the winner and be awarded the **traveling trophy**!
 - Each rep = 1pt | Each \$ = 1pt
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Remarks:

SAY: This event is all about pushing ourselves, supporting one another, and making a difference for a cause that matters. Let's give it everything we've got, have some fun, and show that together, we're stronger.

At the end of the 4 Rounds, and when all scorecards have been turned in, we will gather together to hand out awards.

Thank you again for being here today and for supporting Trident Freedom Foundation. Let's get started!

Go ahead and go back to your homebase and once everyone is set, I will count down for the group to start.

Wait for all to get ready, keep scanning the facility.

SAY: Everybody Ready?

3 — 2 — 1 — *Blow whistle/horn*

Competition

Walk around and monitor the room.

Encourage people

Answer questions

End of Competition:

SAY: Great job everyone!!! It was great to see everyone working together and supporting such a great cause. I need to collect all of your score cards. I will record your totals and then announce the team winners and hand out the medals in about 5 minutes so stick around.

Collect score cards from each of the teams.

Record overall total for each registered team. Circle the winning team.

*Then add up total reps from each group to make a **GRAND TOTAL**.*

Text GRAND TOTAL to 763-957-2402 or email to jeff@TridentFreedomFoundation.org

Closing Remarks:

Bring everyone back together to announce the winners and thank the participants

SAY: CONGRATULATIONS to all of our participants today. Your efforts today are greatly appreciated and please know that your support of Trident Freedom Foundation is helping to make a difference in many lives both locally and globally.

Announce the winning team.

SAY: The team that completed the most overall reps today was: _____

Give out Medals. Announce the winning team.

SAY: The team that had the highest overall reps today with a total of _____ plus total donations of _____ is: _____ located in _____.

Let's give one more big round of applause to all of our incredible teams for your hard work, determination, and teamwork today!

Whether you competed, volunteered, sponsored a team, or made a donation, thank you for being part of the **Trident Fitness Challenge**. Your participation is helping Trident Freedom Foundation bring freedom, hope, and restoration through our mission to **Rescue, Reach, and Restore**.

If you'd like to continue supporting our mission, please scan the QR code at the check-in table to join the Trident Freedom Foundation family, make a donation, or learn more about our work. You can also visit us anytime at **TridentFreedomFoundation.org**.

Interested in our free educational resources or learning how you can get more involved? Please add your name and contact information to the sign-up sheet at the check-in table.

Thank you again for spending part of your day with us and for making this event such a success. Together, we're proving that every rep, every dollar, and every act of generosity can make a lasting impact.

Drive home safely, God bless, and we'll see you at the next Trident Fitness Challenge!