



GOLGOTHA 24-Hour Fitness Challenge 2026

Friday, March 20th, 2026

2:00 p.m. – 4:00 p.m.

“Before I Suffer” (Fellowship Dinner)

Luke 22:14-15. “14 When the hour came, He reclined at the table, and the Apostles with Him. 15 Then He said to them, “I have fervently desired to eat this Passover with you before I suffer.”

4:00 p.m. – 5:00 p.m.

1. “Passover”

Matthew 26:17-20, Mark 14:12-16, Luke 22:7-13 & John 13:1a

13-min AMRAP: burpees to 6” target (red line)

5:00 p.m. – 6:00 p.m.

2. “Supper”

Matthew 26:26-30, Mark 14:22-26 & Luke 22:14-20

Team of 2: E2MOM 22-mins (11 rounds), 10 WBs each (unbroken weight)

P1 even min/P2 odd min

6:00 p.m. – 7:00 p.m.

3. “Washed”

John 13:4-17

Building to moderate heavy Dead Lift in 13-mins (barefoot)

7:00 p.m. – 8:00 p.m.

4. “Betrayed”

John 13:1-3, 18-19 & 21-30, Matthew 26:21-25 & Mark 14:17-21

21-22-23-24-25 reps of DUs & AbMat Sit-Ups

8:00 p.m. – 9:00 p.m.

5. “Scattered”

Matthew 26:31-35, Mark 14:27-31, Luke 22:31-34, John 13:36-38

On 3-2-1-GO, scatter to any machines or you can run... and accumulate 3-miles however you want

9:00 p.m. – 10:00 p.m.

6. “Garden”

Matthew 26:36-39, Mark 14:32-36, Luke 22:39-44 & John 18:1

Team of 3 (one person working at a time): accumulate 39 reps each of Dbl

DB Burpee Clean & PRESS



GOLGOTHA 24-Hour Fitness Challenge 2026

10:00 p.m. – 11:00 p.m.

7. "Sleeping"

Matthew 26:40-46, Mark 14:37-42 & Luke 22:45-46

EMOM x 3:

- Minute 1: :26 Machine (~60% Effort)
- Minute 2: :26 Sphinx pose
- Minute 3: :26 Down Dog
- Minute 4: :26 Prayer Pose
- Minute 5: Cross-body Hip Stretch (:26 sec/leg)
- Minute 6: :26 Seated Hamstring Stretch
- Minute 7/14/21: Rest face down

11:00 p.m. – 12:00 a.m.

8. "Kissed"

Matthew 26:47-56, Mark 14:43-52, Luke 22:47-53 & John 18:2-11

6 Rounds:

- 12 Step back lunges (bodyweight) & 12 Hang Dumbbell Snatch (1x50/35)

Saturday, March 21st, 2026

12:00 a.m. – 1:00 a.m.

9. "Arrested"

Matthew 26:57-68, Mark 14:53-65, Luke 22:63-71 & John 18:12-13 & 19-24

AMRAP: 26 Minutes

- Partner 1: 10 Calorie Ski
- Partner 2: 10 Calorie Bike

*Rest & watch, while your partner works

1:00 a.m. – 2:00 a.m.

10. "Denied"

Matthew 26:69-75, Mark 14:66-72, Luke 22:54-62, & John 18:15-18 & 25-27

"Light Linda" 10-9-8-7-6-5-4-3-2-1 reps for time of:

- Deadlift (75% of your bodyweight)
- Bench Press (50% of your bodyweight)
- Clean (30% of your bodyweight)

*No music. Must do it in silence (Jesus remained silent)



GOLGOTHA 24-Hour Fitness Challenge 2026

2:00 a.m. – 3:00 a.m.

11. “Pilate”

Matthew 27:1-2 & 11-13, Mark 15:1-3, Luke 22:66-23:5, & John 18:28-38 & 19:6-16

3 Sets: 5 Tempo Back Squats (6 second tempo ~ RPE 6)

3:00 a.m. – 4:00 a.m.

12. “Herod”

Luke 23:6-12

“Isabel” (Team of 2, split work as desired)

30 Snatches
(135/95)

4:00 a.m. – 5:00 a.m.

13. “Judas”

Matthew 27:3-10

“Grace”

30 Clean and Jerks
(135/95)

5:00 a.m. – 6:00 a.m.

14. “Barabbas”

Matthew 27:15-25, Mark 15:6-15, Luke 23:13-25, & John 18:38-40

Partner AMRAP 15 Minutes

26 Toes to Bar (Split)
27 Synchro Box Step Ups

6:00 a.m. – 7:00 a.m. (6:34 a.m. ~ sunrise)

15. “Crowned”

Matthew 27:27-31, Mark 15:16-20 & John 19:1-5

15-12-9

Handstand Push Up
Dumbbell Hang Power Cleans
(2x50/35)

7:00 a.m. – 8:00 a.m.

16. “Carry”

Matthew 27:32 & Mark 15:20-21

Carry a loaded barbell (90/70#) 600m without putting it down.



GOLGOTHA 24-Hour Fitness Challenge 2026

8:00 a.m. – 9:00 a.m.

17. “Criminals”

Matthew 27:38, Luke 23:32-33 & 39-43

3 Rounds (a hang, hold and push is one round)

Partner 1: Bar Hang

Partner 2: Farmer’s Carry Hold (2x50/35)

Partner 3: 100ft Sled Push (180/145)

*P 1&2 must hang/hold while P3 works

9:00 a.m. – 10:00 a.m.

18. “Crucified”

Matthew 27:39-44, Mark 15:25-32, Luke 23:35-38

AMRAP 15-mins

9 Dumbbell Squats (50/35)

9 Calorie (any) Machine

10:00 a.m. – 11:00 a.m.

19. “Wine”

Matthew 27:33-34, Mark 15:22-23 & Luke 23:36

23 minutes of Zone 2 (any machine or jog)

*No intake the entire hour

11:00 a.m. – 12:00 p.m.

20. “Lots”

Matthew 27:35, Mark 15:24, Luke 23:34 & John 19:23-24 (Psalm 22:18)

4 Rounds: (16 Minutes)

Minute 1 - 3 Wall Walks

Minute 2 - 6 Strict Pull Ups

Minute 3 - 9 Push Ups

Minute 4 - 12 Toes to Bar

12:00 p.m. – 1:00 p.m.

21. “Darkness”

Matthew 27:45, Mark 15:33 & Luke 23:44-45

AMCAP Bike in 23-mins

*set timer for 23-mins, turn lights off in gym, and cover timer/monitor.

You will not know how long you’ve gone, or how much time is left.



GOLGOTHA 24-Hour Fitness Challenge 2026

1:00 p.m. – 2:00 p.m.

22. “Abandoned”

Matthew 27:46-49 & Mark 15:34-36

Leave the gym and run 15 minutes away alone and then return
(you must go somewhere alone, on your own)

2:00 p.m. – 3:00 p.m.

23. “Last Breath”

Matthew 27:50-54, Mark 15:37-39, Luke 23:45-46 & John 19:28-30

27-23-19-15

Calorie Bike

Thruster (empty bar)