



# ***GOLGOTHA***

## **CHALLENGE PACKET**

Thursday, April 2 - Good Friday, April 3

24 HOURS TO

GOLGOTHA





**NOTICE:** This workout guide is provided for informational purposes only. FCA does not supervise, instruct, or monitor participants.

All workouts are performed at your own risk. High-intensity exercise can result in serious injury. You are responsible for assessing your fitness level, using proper technique, ensuring a safe environment, and seeking medical advice as appropriate.

By using this workout guide, you acknowledge that your participation is voluntary, you assume all risks involved, and FCA is not liable for any injury, loss, or damage arising from your participation.

# FCA Golgotha History & Vision

The Fellowship of Christian Athletes (FCA) exists to see the world transformed by Jesus through the influence of coaches and athletes. Our mission is to lead every coach and athlete into a growing relationship with Jesus Christ and His church — and we believe fitness is one of the most powerful avenues to reach them.

GOLGOTHA was created to:

- Engage the fitness community with FCA
- Point people to the hope and power of the gospel
- Rally athletes to raise support for FCA's mission locally and globally

The story began in 2022 when Ryan Gloer (FCA Charlotte) committed to a 24-hour workout challenge over Easter weekend. What started as a solo plan quickly grew when Jeremy Martin from Ultimate Athlete called and said, "Can I do it with you?" They launched the first GOLGOTHA on April 6-7, 2023 — in a still-under-construction facility — and were joined by people every hour until the final rep.

From that humble beginning, GOLGOTHA expanded in 2024 with Ervin Mack (FCA Columbia, SC) joining from his garage gym. After that, Ken Lovell (FCA Jacksonville, NC) and Krystal Peterson (FCA Equip Fitness, Richland, WA) joined the vision in 2025 to expand the reach of Golgotha through their involvement with CrossFit Mayhem Athlete, launching Golgotha from coast to coast and around the world. Now in 2026, Ryan and Krystal continue using Fitness to reach coaches and athletes for the gospel through the platform called FCA Fitness.

"Golgotha" is Aramaic for the place where Jesus was crucified. Scripture reminds us "by His wounds we are healed." — Isaiah 53:5 "Thanks be to God, who gives us the victory through our Lord Jesus Christ." — 1 Corinthians 15:57

**The gospel is the good news that Jesus lived the life we couldn't, died the death we deserved, and rose again to give us life we don't deserve. What grace. What love.**

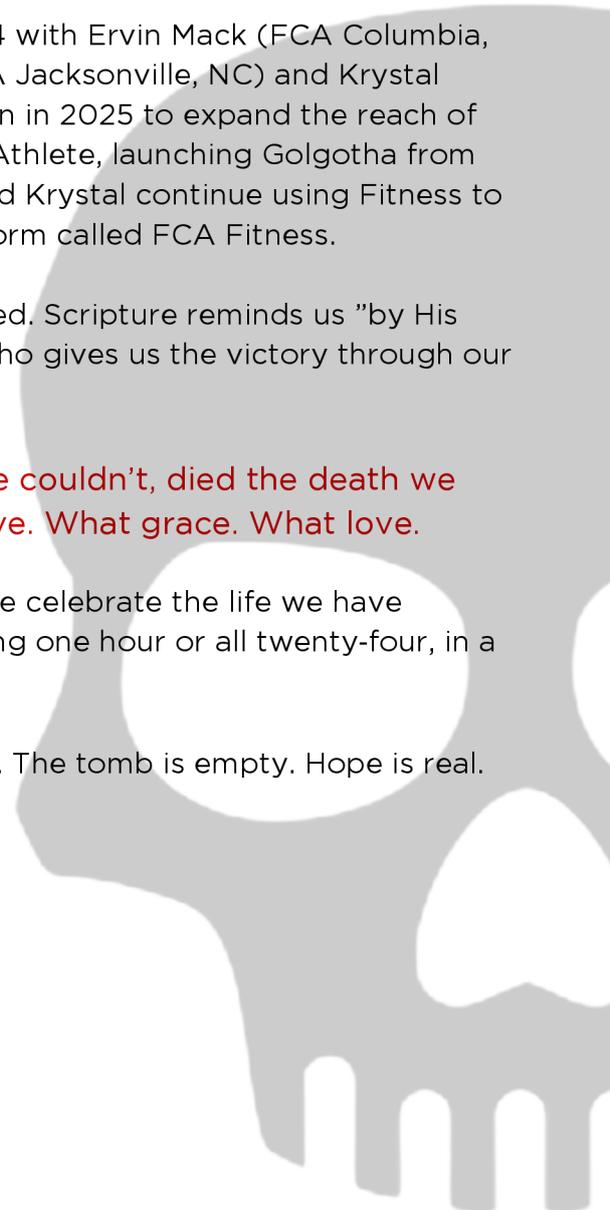
As we train, endure, and push through 24 hours of fitness, we celebrate the life we have because of Jesus and His finished work. Whether you're doing one hour or all twenty-four, in a garage or a massive facility — *REMEMBER...*

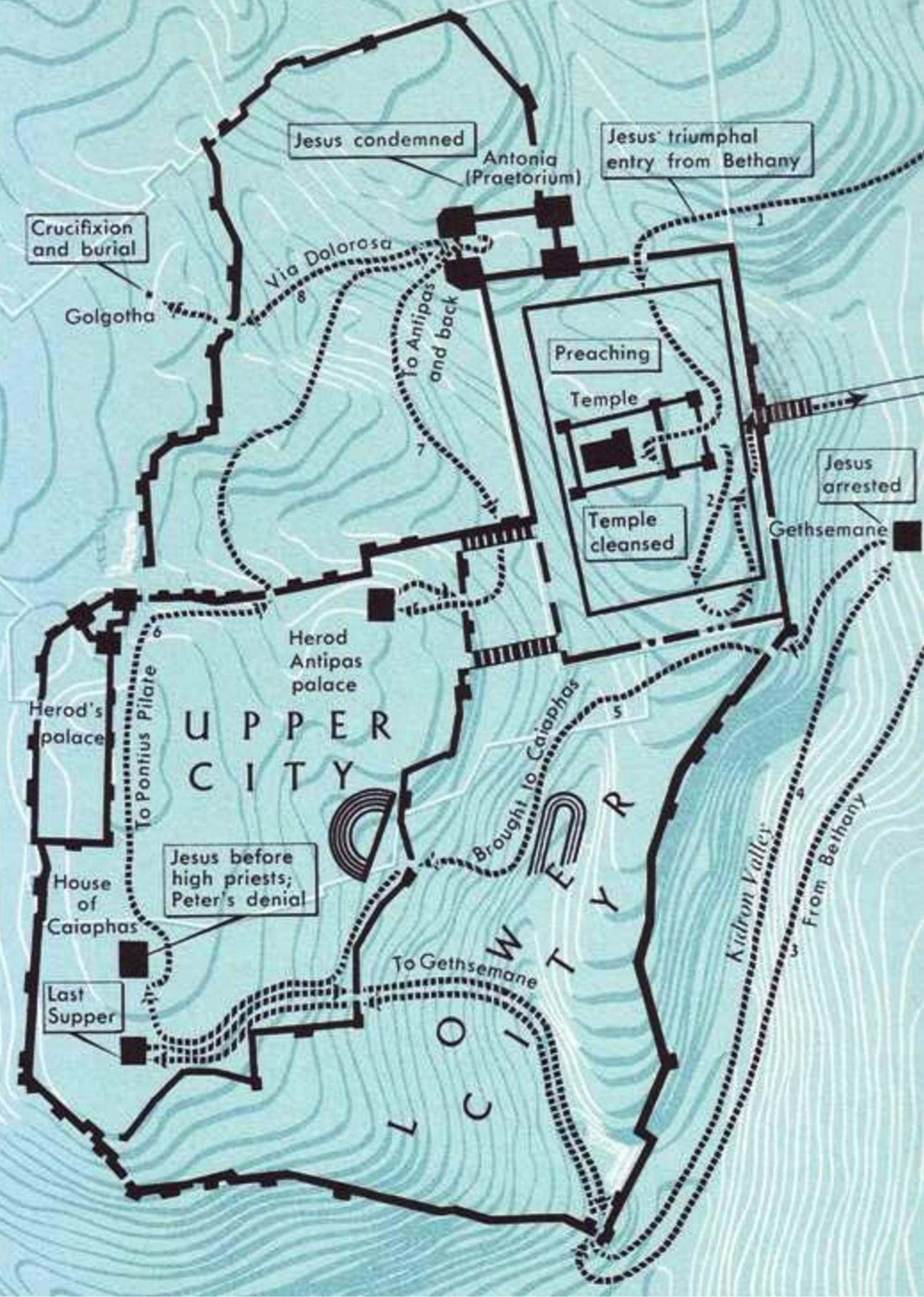
It might feel like Friday, but Sunday is coming. Jesus is risen. The tomb is empty. Hope is real.

Press on. Train hard. Go get some. God bless.

*Ryan*

**RYAN GLOER**  
**FCA DIRECTOR OF FITNESS & SPORTS PERFORMANCE**





Jesus condemned

Jesus' triumphal entry from Bethany

Crucifixion and burial

Golgotha

Via Dolorosa

To Antipas and back

Preaching

Temple

Temple cleansed

Jesus arrested

Gethsemane

Herod Antipas palace

Herod's palace

UPPER CITY

To Pontius Pilate

Jesus before high priests; Peter's denial

Brought to Caiaphas

House of Caiaphas

Last Supper

LOWER CITY

To Gethsemane

Kidron Valley

From Bethany

# Before you begin



## [Golgotha Website](#)

Your ONE STOP for information!



## [Golgotha Playlist](#)

24 teaching videos for each hour of the Challenge



## [BIBLICAL AUTHORS](#)

KEN LOVELL

@kenlovell75



## [SOCIAL MEDIA](#)

WANT TO CREATE SOCIAL MEDIA CONTENT FOR YOUR LOCATION?

DOWNLOAD OUR PRE-BUILT GRAPHICS FROM CANVA  
AND START EDITING TO SERVE YOUR GYM!

SOCIAL POSTS:



SOCIAL STORIES:



**“If it seems we are crazy, it is to bring glory to God.”**

2 Corinthians 5:13



# Schedule

01

## Devotional

WATCH DEVOTIONAL VIDEO  
DURATION: 5-MINS

02

## Warm-Up: Mental

SET THE SPIRITUAL MINDSET FOR THE WORKOUT  
DURATION: 1-MINS

03

## Warm-Up: Physical

WORKOUT BRIEFING & WARM-UP ATHLETES  
DURATION: 5-10 MINS

04

## Workout

PARTICIPATE IN THE PROGRAMMED WORKOUT  
DURATION: VARIES

05

## Wrap-Up: Huddle

RECOVER **CIRCLING UP ON THE FLOOR** (FOAM ROLLER HUDDLE):  
GO AROUND THE CIRCLE SHARING THEIR EXPERIENCE AND USING THE  
“WRAP UP” QUESTION FOR EACH WORKOUT (IN FOLLOWING PAGES)

DURATION: 10-15 MINS

**\*\*Conclude by announcing remaining minutes to the top of the hour (e.g. 12 min until next video starts)**

ATHLETES HYDRATE, EAT/FUEL, AND REST UNTIL NEXT VIDEO STARTS

# Schedule



## THURSDAY

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 DbI DB Burpee Clean & PRESS

# Schedule



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)

## GOOD FRIDAY

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)

# Schedule

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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.

# Schedule

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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.

# Schedule



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)

3:00 p.m. – 4:00 p.m.

## 24. "Follow"

John 5:24, 2 Cor 5:17, 1 Peter 1:3, 1 Cor 15:57, Rev 1:18, Romans 8:1  
Prayer/Gather in small groups to reflect and celebrate!



# Athletes prepared!

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1. Prioritize rest this week (Tue-Thu) - rest your body!

2. Fuel to consider during event: Simple Carbs: easily digestible, quick releasing and convenient to consume, such as:

- Glucose + Fructose Combo: Sports drinks, energy gels, chews/gummies - your body can absorb more carbs per hour when both types are consumed.
- Real Food: Dried fruit, white bread, rice cakes, honey/jam, oat-based bars - more variety and satisfying for longer events like Golgotha.
- Simple Carbs + Electrolytes: Coconut water, pretzels with sports drinks, liquid carb drinks, a combo of the two categories above - this combo combats energy crash and dehydration which will be critical if you plan to do this event!
- Don't try new things on game day. Bring things your system is accustomed to but you'll need to hydrate every hour (except one).

3. Items to bring if you are staying a while:

- Resting supplies (pillow, mat, cot, freestanding hammock, or camp chair)
- Towel, changes of clothes, shower supplies (if available), gym gear
- Headlamp if going outdoors to run/walk
- Printed copy of this Playbook to journal and follow along.
- Personal Medical items: prescriptions, first-aid, ibuprofen, Tylenol, etc.
- Recovery Tools: Roller, lacrosse ball, Massage Gun, etc.

4. Experience not Intensity: You can nap and skip workouts. No one is the hero, Jesus is and let Him do His work in you - we are along for the ride. Modify, scale, and be expectant that the LORD will do mighty things in and through you.

# Coaches/Gyms Prepared!



1. Register your gym location here:



2. Safety first:

- Food, drinks...a potluck table is great for everyone to contribute!
- First-aid kit + a plan to respond to emergencies, big or small.
- Encourage hydration/fuel, rest/recovery after every workout!
- Have a physical sign-in to keep track of number of athletes with their emergency contact info readily available if needed
- Experience not Intensity. Modify, scale, and use teamwork in workouts.

3. Items to consider and/or have available:

- Extra Headlamps if going outdoors to run/walk
- Journals OR PRINT copies of this booklet for athletes to journal & follow along.
- Awesome music playlist that can set the tone and possibly Christian instrumental music for the yoga-style WOD "Sleeping"
- Red painters tape for workout #1 (burpees to a target)
- Foot washing supplies/baby wipes for workout #3 if doing foot washing prior to the deadlift workout
- Photographer
- Rested coaches arriving by 5a workout or after to help carry the coaching to the finish line (especially if gym members are coming in fresh for a class times)
- Gym owners/leaders: method to manage waivers, sign-ins, etc.

4. Share about your experience! And email [rgloer@fca.org](mailto:rgloer@fca.org) or [kpetererson@fca.org](mailto:kpetererson@fca.org)



#FCAGOLGOTHA

# 01 Passover



“Before the Passover Festival, Jesus knew that His hour had come...”

John 13:1a

“Then the Day of Unleavened Bread came when the **Passover lamb** had to be sacrificed. 8 Jesus sent Peter and John, saying, “Go and make preparations for us to eat the Passover.” 9 “Where do you want us to prepare it?” they asked Him. 10 “Listen,” He said to them, “when you’ve entered the city, a man carrying a water jug will meet you. Follow him into the house he enters. 11 Tell the owner of the house, ‘The Teacher asks you, “Where is the guest room where I can eat the Passover with My disciples?’” 12 Then he will show you a large, furnished room upstairs. Make the preparations there.” 13 So they went and found it just as He had told them, and they prepared the Passover.”

Luke 22:7-13

## THURSDAY



### WARM-UP: MENTAL

In this workout, we put an emphasis on the “Festival” (the Passover) by creating a movement that symbolizes a posture of reverence with eyes fixed on “the Blood of the Lamb” over the doorpost. We chose 13-mins as a time domain, given John’s specific reference to the Festival in John 13 above.

With every rep of a Burpee to a red-line touch, we remember that in Christ, every sin is covered ~ by the blood of the Lamb.



### WORKOUT

13-min AMRAP of burpee to target (red tape line touch)



### WRAP-UP: HUDDLE

What were you thinking or feeling every time you touched the red line?





# 02 Supper



“As they were eating, He took bread, blessed and broke it, gave it to them, and said, “Take it; this is My body.” 23 Then He took a cup, and after giving thanks, He gave it to them, and they all drank from it. 24 He said to them, “This is my blood of the covenant,, which is poured out for many. 25 Truly I tell you, I will no longer drink of the fruit of the vine until that day when I drink it new in the kingdom of God.” 26 After singing a hymn, they went out to the Mount of Olives.”

Mark 14:22-26

“...Do this in remembrance of Me.”

Luke 22:19

## THURSDAY



### WARM-UP: MENTAL

Beginning in verse 22 of Mark 14, for 22-mins you'll combine efforts as a 2-person team (2 parts to the Lord's Supper) and complete 19-WBs total (from verse 19 of Luke 22). You will be giving away... and receiving something. The question then, is will you give away your sin to the only one Who can take it... and then receive the gift of His body and blood?



### WORKOUT

Team of 2:  
E2MOM  
22-mins (11-rounds)  
19 Wall Balls combined  
*one work, one watch*



### WRAP-UP: HUDDLE

Do you intentionally take time to remember Jesus and reflect on His sacrifice? How do you respond when you take time to “remember”?





# 03 Washed



“...He got up from supper, laid aside His outer clothing, took a towel, and tied it around Himself. 5 Next, He poured water into a basin and began to **wash** His disciples’ feet and to dry them with the towel tied around Him. 6 He came to Simon Peter, who asked Him, “Lord, are you going to wash my feet?” 7 Jesus answered him, “What I’m doing you don’t realize now, but afterward you will understand.” 8 “You will never wash my feet,” Peter said. Jesus replied, “If I don’t wash you, you have no part with Me.” 9 Simon Peter said to Him, “Lord, not only my feet, but also my hands and my head.” 10 “One who has bathed,” Jesus told him, “doesn’t need to wash anything except his feet, but he is completely clean. You are clean...”

John 13:4-17

## THURSDAY



### WARM-UP: MENTAL

From John 13, you will have 13-mins to achieve a moderately heavy Deadlift for the day. Lifting without shoes on will leave most athletes with a feeling that’s hard to ignore ~ exposed... bare. Jesus, is in full view of what you’re trying to cover up and He came to cleanse you of that.



### WORKOUT

Build to moderate heavy Deadlift in 13-mins (barefoot)



### WRAP-UP: HUDDLE

What was most awkward about walking around barefoot?





“...it was night.”

John 13:30

“While they were eating, He said, “Truly I tell you, one of you will betray Me.” 22 Deeply distressed, each one began to say to Him, “Surely not I, Lord?” 23 He replied, “The one who dipped his hand with Me in the bowl—he will betray Me. 24 The Son of Man will go just as it is written about Him, but woe to that man by whom the Son of Man is betrayed! It would have been better for him if he had not been born.” 25 Judas, His betrayer, replied, “Surely not I, Rabbi?” “You have said it,” He told him.”

Matthew 26:21-25

## THURSDAY



### WARM-UP: MENTAL

From Matthew 26, we walk through verses 21-25 so will therefore put a spin on Amanda by completing for time, 21-22-23-24 & 25 reps each of DUs and AbMat Sit-Ups.

Have you ever had someone close to you, “double cross” you... betray you? Reflect on that feeling while you take on this workout.



### WORKOUT

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



### WRAP-UP: HUDDLE

Reflecting on how you felt when someone betrayed you... how does this change your view of what Jesus did... for even people like that?



# 05 Scattered



“Then Jesus said to them, “Tonight all of you will fall away because of Me, for it is written: I will strike the shepherd, and the sheep of the flock will be **scattered**. 32 But after I have risen, I will go ahead of you to Galilee.” 33 Peter told Him, “Even if everyone falls away because of You, I will never fall away.” 34 “Truly I tell you,” Jesus said to him, “tonight, before the rooster crows, you will deny Me three times.” 35 “Even if I have to die with you,” Peter told Him, “I will never deny You,” and all the disciples said the same thing.”

Matthew 26:31-35

THURSDAY



### WARM-UP: MENTAL

Given Peter’s denial of Jesus was prophesied by Jesus to occur 3-times, you’ll accumulate 3-miles (or 300 calories) in this workout. Consider in light of Jesus knowing Judas would betray Him, and Peter would deny Him... He still kept them both close until the end



### WORKOUT

On 3-2-1-GO, scatter to any machines or you can run... and accumulate 300 calories or 3-miles however you want



### WRAP-UP: HUDDLE

From 2 Timothy 2:13, what does it mean to you that “if we are faithless, He remains faithful...”





# 06 Garden



“After Jesus had said these things (John 14-17 teachings), He went out with His disciples across the Kidron Valley, where there was a **garden...**”

John 18:1

“Then Jesus came with them to a place called Gethsemane, and He told the disciples, “Sit here while I go over there and pray.” 37 Taking along Peter and the two sons of Zebedee, He began to be sorrowful and troubled. 38 He said to them, “I am deeply grieved to the point of death. Remain here and stay awake with Me.” 39 Going a little farther, He fell facedown and prayed, “My Father, if it is possible, let this cup pass from Me. Yet not as I will, but as You will.”

Matthew 26:36-39

“ Being in anguish, He prayed more fervently, and His sweat became like drops of blood falling to the ground.”

Luke 22:44

## THURSDAY



### WARM-UP: MENTAL

As Jesus took Peter, James and John with Him, you too will take on this workout with a team of 3. The Garden is known as the “place of pressing” which is where Jesus fell down in anguish, to pray. You get the picture of this movement then to repeat falling down, and pressing, for a total of 39-reps (which in verse 39 we see the commitment of Jesus, to the Father’s will. Considering Jesus was all God, and all man, reflect on the anguish He felt in the flesh for what was to come.



### WORKOUT

Team of 3:  
(one person working at a time)  
accumulate 39 reps each of  
Dbl DB Burpee Clean & PRESS



### WRAP-UP: HUDDLE

Share your thoughts on Jesus pulling in teammates to endure with Him. How important is community? How is being surrounded by others better than attempting to do life alone?





# 07 Sleeping



“Then He came to the disciples and found them **sleeping**. He asked Peter, “So, couldn’t you stay awake with Me one hour? 41 Stay awake and pray, so that you won’t enter into temptation. The spirit is willing, but the flesh is weak.” 42 Again, a second time, He went away and prayed, “My Father, if this cannot pass unless I drink it, Your will be done.” 43 And He came again and found them sleeping, because they could not keep their eyes open. 44 After leaving them, He went away again and prayed a third time, saying the same thing once more. 45 Then He came to the disciples and said to them, “Are you still sleeping and resting? See, the time is near. The Son of Man is betrayed into the hands of sinners. 46 Get up; let’s go. See, my betrayer is near.”

Matthew 26:40-46

## THURSDAY



### WARM-UP: MENTAL

Fatigue was setting in for the Disciples, and it will for you too in this challenge. But the call from Christ was to stay awake, and pray. This recovery session is your chance to seek the Lord for the strength to endure what is to come. Just verses earlier, Jesus told His disciples how hard it would be, and they boasted that they’d die for the Lord. But now, hard is hitting. Think about a time when you were exhausted from grief.



### WORKOUT

- 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



### WRAP-UP: HUDDLE

When it got hard, or when it’s been hard for you, what has empowered you to keep going?





08 **Kissed**

“Judas, who betrayed Him, also knew the place, because Jesus often met there with His disciples. 3 So Judas took a company of soldiers and some officials from the chief priests and the Pharisees and came there with lanterns, torches, and weapons. 4 Then Jesus, knowing everything that was about to happen to Him, went out and said to them, “Who is it that you’re seeking?” 5 “Jesus of Nazareth,” they answered. “I am He,” Jesus told them. Judas, who betrayed Him, was also standing with them. 6 When Jesus told them, “I am He,” they stepped back and fell to the ground. 7 Then He asked them again, “Who is it that you’re seeking?”

“Jesus of Nazareth,” they said. 8 “I told you I am He,” Jesus replied. “So if you’re looking for Me, let these men go.” 9 This was to fulfill the words He had said: “I have not lost one of those you have given Me.” 10 Then Simon Peter, who had a sword, drew it, struck the high priest’s servant, and cut off his right ear. (The servant’s name was Malchus.) 11 At that, Jesus said to Peter, “Put your sword away! Am I not to drink the cup the Father has given Me?”

John 18:1-11

“Or do you think that I cannot call on my Father, and He will provide Me here and now with more than twelve legions of angels?”

Matthew 26:53

## THURSDAY

**WARM-UP: MENTAL**

As the truth of who Jesus is caused them to “step back” we get the lunges in this workout. And the DB Snatch puts your arm right next to your ear as a reminder that Christ chose purpose, over Peter’s approach. And 12-reps, as a reminder of the 12 legions of relief Christ could have brought forward. Jesus leaned on His purpose, not His power.

**WORKOUT**

6x:  
12 Step Back Lunges  
(bodyweight)  
12 Hang Dumbbell  
Snatch (1x50/35)

**WRAP-UP: HUDDLE**

Anyone remember a time when you were tempted to fight back, but chose rather to “take the high road?”



09 **Arrested**

“Those who had arrested Jesus led Him away to Caiaphas the high priest, where the scribes and the elders had convened. 58 Peter was following Him at a distance right to the high priest’s courtyard. He went in and was sitting with the servants to see the outcome. 59 The chief priests and the whole Sanhedrin were looking for false testimony against Jesus so that they could put Him to death, 60 but they could not find any, even though many false witnesses came forward. Finally, two who came forward 61 stated, “This man said, ‘I can destroy the temple of God and rebuild it in three days.’ ” 62 The high priest stood up and said to Him, “Don’t you have an answer to what these men are testifying against You?” 63 But Jesus kept silent. The high priest said to Him, “I charge you under oath by the living God: Tell us if you are the Messiah, the Son of God.” 64 “You have said it,” Jesus told him. “But I tell you, in the future you will see the Son of Man seated at the right hand of Power and coming on the clouds of Heaven.” 65 Then the high priest tore his robes and said, “He has blasphemed! Why do we still need witnesses? See, now you’ve heard the blasphemy. 66 What is your decision?” They answered, “He deserves death!” 67 Then they spat in His face and beat Him; others slapped Him 68 and said, “Prophecy to us, Messiah! Who was it that hit You?”

Matthew 26:57-68

## GOOD FRIDAY

**WARM-UP: MENTAL**

As the story continues in the 26<sup>th</sup> Chapter of Matthew, you will move through a 26-min AMRAP with a partner, as it was two witnesses coming forward that provided validation to the testimonies against Jesus. This will also be a “waterfall” style workout as Peter, followed Jesus at a distance to see what would happen to Him. The complaint of Jesus, was tied to His claim of rebuilding the temple in 3-days, therefore... a triplet. You will stay quiet during this workout, as Jesus did while He was being accused.

**WORKOUT**

Partner AMRAP: 26 Minutes  
 Part 1: 10 Calorie Ski  
 Part 2: 10 Calorie Bike  
 \*Rest & watch, while your partner works

**WRAP-UP: HUDDLE**

Have you ever been accused or misunderstood? What emotions did it stir up? How did you respond? Why did you respond that way?



# Denied



“While Peter was in the courtyard below, one of the high priest’s maidservants came. 67 When she saw Peter warming himself, she looked at him and said, “You also were with Jesus, the man from Nazareth.” 68 But he **denied** it: “I don’t know or understand what you’re talking about.” Then he went out to the entryway, and a rooster crowed. 69 When the maidservant saw him again, she began to tell those standing nearby, “This man is one of them.” 70 But again he denied it. After a little while those standing there said to Peter again, “You certainly are one of them, since you’re also a Galilean.” 71 Then he started to curse and swear, “I don’t know this man you’re talking about!” 72 Immediately a rooster crowed a second time, and Peter remembered when Jesus had spoken the word to him, “Before the rooster crows twice, you will deny Me three times.” And he broke down and wept.”

Mark 14:66-72

## GOOD FRIDAY



### WARM-UP: MENTAL

3-denials, 3 movements. A little pump here but the core influence, is silence. Not from you, and no music. Consider as you take on something hard, and not say anything what that says, about Jesus. Consider what it’s like to behave like you don’t know Jesus; to not care what happens to Him; and yet see Him die for you anyway.



### WORKOUT

“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)



### WRAP-UP: HUDDLE

In what ways do we deny Jesus today?





# Pilate



John 18:28-38

“Then they led Jesus from Caiaphas to the governor’s headquarters. It was early morning. They did not enter the headquarters themselves; otherwise they would be defiled and unable to eat the Passover. 29 So **Pilate** came out to them and said, “What charge do you bring against this man?” 30 They answered him, “If this man weren’t a criminal, we wouldn’t have handed Him over to you.” 31 Pilate told them, “You take Him and judge Him according to your law.” “It’s not legal for us to put anyone to death,” the Jews declared. 32 They said this so that Jesus’s words might be fulfilled indicating what kind of death He was going to die. 33 Then Pilate went back into the headquarters, summoned Jesus, and said to Him, “Are You the king of the Jews?” 34 Jesus answered, “Are you asking this on your own, or have others told you about Me?” 35 “I’m not a Jew, am I?” Pilate replied. “Your own nation and the chief priests handed You over to me. What have You done?” 36 “My kingdom is not of this world,” said Jesus. “If My kingdom were of this world, my servants would fight, so that I wouldn’t be handed over to the Jews. But as it is, my kingdom is not from here.” 37 “You are a king then?” Pilate asked.

“You say that I’m a king,” Jesus replied. “I was born for this, and I have come into the world for this: to testify to the truth. Everyone who is of the truth listens to My voice.” 38 “What is truth?” said Pilate. After he had said this, he went out to the Jews again and told them, “I find no grounds for charging Him.”

John 19:6-12a

“When the chief priests and the temple servants saw Him, they shouted, “Crucify! Crucify!” Pilate responded, “Take Him and crucify Him yourselves, since I find no grounds for charging Him.” 7 “We have a law,” the Jews replied to him, “and according to that law He ought to die, because He made Himself the Son of God.”

8 When Pilate heard this statement, he was more afraid than ever. 9 He went back into the headquarters and asked Jesus, “Where are You from?” But Jesus did not give him an answer. 10 So Pilate said to Him, “Do you refuse to speak to me? Don’t you know that I have the authority to release You and the authority to crucify You?”

11 “You would have no authority over Me at all,” Jesus answered him, “if it hadn’t been given you from above. This is why the one who handed Me over to you has the greater sin.” 12 From that moment Pilate kept trying to release Him... But the Jews shouted, “If you release this man, you are not Caesar’s friend. Anyone who makes Himself a king opposes Caesar!”

John 19:13-16

13 When Pilate heard these words, he brought Jesus outside. He sat down on the judge’s seat in a place called the Stone Pavement (but in Aramaic, Gabbatha). 14 It was the preparation day for the Passover, and it was about noon. Then he told the Jews, “Here is your king!” 15 They shouted, “Take Him away! Take Him away! Crucify Him!”

Pilate said to them, “Should I crucify your king?”

“We have no king but Caesar!” the chief priests answered.

16 Then he handed Him over to be crucified.”

2:00 a.m. - 3:00 a.m.

GOOD FRIDAY

11

# Pilate Cont...



## WARM-UP: MENTAL

It's important to remember that as we enter this part of the story, we'll spend the next 13-hours telling stories from the approximate 6-7 long hours, this very morning in history, where Jesus would be brought before Pilate and then... to the Cross. In political history, we still see political candidates spend hours being questioned before our government. Similar picture here as Jesus... is in focus and everything about Him is being questioned as to who He is. The back squat reminds of the time in that seated/hinged position with the weight of what's to come "on your back."



## WORKOUT

3x 5 Tempo Back Squats  
(:06 down ~ RPE 6)



## WRAP-UP: HUDDLE

So often we want Jesus to prove things to us. We want Him to say again what's already been said. We want proof... He wants Faith. What's hard about enduring hard things, when you don't have the reason why?





“ When Pilate heard this, he asked if the man was a Galilean. 7 Finding that He was under Herod’s jurisdiction, He sent him to **Herod**, who was also in Jerusalem during those days. 8 Herod was very glad to see Jesus; for a long time he had wanted to see Him because he had heard about Him and was hoping to see some miracle performed by Him. 9 So he kept asking Him questions, but Jesus did not answer him. 10 The chief priests and the scribes stood by, vehemently accusing Him. 11 Then Herod, with his soldiers, treated Him with contempt, mocked Him, dressed Him in bright clothing, and sent Him back to Pilate. 12 That very day Herod and Pilate became friends. Previously, they had been enemies.”

Luke 23:6-12



### WARM-UP: MENTAL

The exchange of Jesus between Pilate and Herod here, gives us a partner workout in which you will exchange the barbell back and forth and take on a partner Isabel”



### WORKOUT

“Isabel”  
(Team of 2, split work as desired)  
30 Snatches  
(135/95)



### WRAP-UP: HUDDLE

In what ways do you (or can you) find peace when being accused or challenged by others?



# Judas



“ Then **Judas**, His betrayer, seeing that Jesus had been condemned, was full of remorse and returned the thirty pieces of silver to the chief priests and elders. 4 “I have sinned by betraying innocent blood,” he said. “What’s that to us?” they said. “See to it yourself!” 5 So he threw the silver into the temple and departed. Then he went and hanged himself. 6 The chief priests took the silver and said, “It’s not permitted to put it into the temple treasury, since it is blood money.” 7 They conferred together and bought the potter’s field with it as a burial place for foreigners. 8 Therefore that field has been called “Field of Blood” to this day. 9 Then what was spoken through the prophet Jeremiah was fulfilled: They took the thirty pieces of silver, the price of Him whose price was set by the Israelites, 10 and they gave them for the potter’s field, as the Lord directed me.”

Matthew 27:3–10



## WARM-UP: MENTAL

For the 30 pieces of silver, Judas betrayed Jesus. But it’s “grace” that went to the Cross anyway. Consider what some of your strongest temptations are to “sell out” and betray your beliefs.



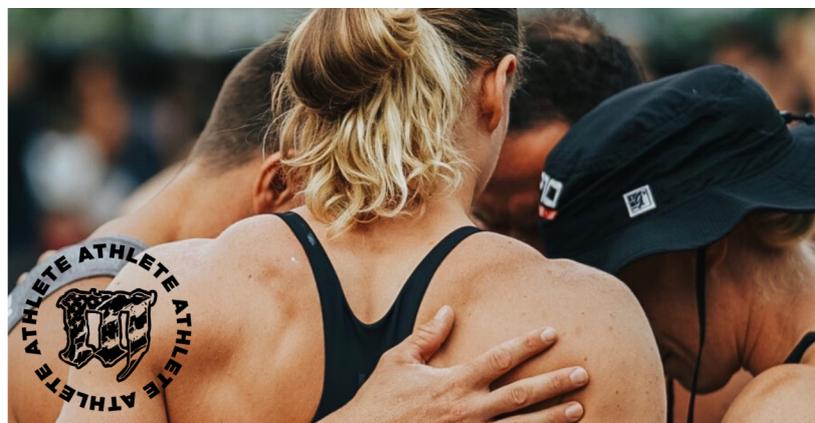
## WORKOUT

“Grace”  
30 Clean and Jerks  
(135/95)



## WRAP-UP: HUDDLE

The Apostle Paul says in 1 Corinthians 10:13 that no temptation has overtaken you except what is common to man... and, that the Lord is faithful and will give you a way out. What have you found to be the best way out of temptations to betray your values?





14 **Barabbas**

“At the festival the governor’s custom was to release to the crowd a prisoner they wanted. 16 At that time they had a notorious prisoner called Barabbas. 17 So when they had gathered together, Pilate said to them, “Who is it you want me to release for you—Barabbas, or **Jesus who is called Christ?**” 18 For he knew it was because of envy that they had handed Him over... 20 The chief priests and the elders, however, persuaded the crowds to ask for Barabbas and to execute Jesus. 21 The governor asked them, “Which of the two do you want me to release for you?” “Barabbas!” they answered. 22 Pilate asked them, “What should I do then with Jesus, who is called Christ?” They all answered, “Crucify Him!”

Matthew 27:15–26

“Now **Barabbas** was a revolutionary.”

John 18:40

**WARM-UP: MENTAL**

As you take on hour #14, this workout titled: Barabbas, you’ll take on a 15-min AMRAP (a tie to the 15<sup>th</sup> verse where this story begins) and you’ll do this with a partner... representing the two options before people. The first movement is Toes to Bar which will have you hanging; a reminder that Jesus did for you... and the 26 reps ties us to the 26<sup>th</sup> verse in Matthew where this part of the story concludes, in the 27<sup>th</sup> chapter of Matthew which is why the rep scheme for box steps ups reminding us of the judgement seat that not only Pilate sat, but one we will stand before one day, as we give an account to God for our lives... *account* meaning; reason. Will Christ be the reason for your life... or just things of this world?

**WORKOUT**

Partner AMRAP 15  
Minutes  
26 Toes to Bar (Split)  
27 Synchro Box Step  
Ups

**WRAP-UP: HUDDLE**

Has anyone been in a position to be rightly punished for something you did wrong... but had someone take it away?  
What did you learn? How did you respond as a result?





# Crowned



“The soldiers led Him away into the palace (that is, the governor's residence) and called the whole company together. 17 They dressed Him in a purple robe, twisted together a **crow**n of thorns, and put it on Him. 18 And they began to salute Him, “Hail, king of the Jews!” 19 They were hitting Him on the head with a stick and spitting on Him. Getting down on their knees, they were paying Him homage. 20 After they had mocked Him, they stripped Him of the purple robe and put His clothes on Him. They led him out to crucify Him.”

Mark 15:16-20



## WARM-UP: MENTAL

From Mark 15, we begin with 15-reps of a movement that puts some pressure on your head. The verbal abuse of Jesus, has now turned physical.



## WORKOUT

15-12-9

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



## WRAP-UP: HUDDLE

Jesus didn't fight back. He didn't argue. But as Hebrews 12:2 tells us, for the joy set before Him, He endured. Read Hebrews 12:1-4 and discuss.





## Carry



"They led Him out to crucify Him. 21 They forced a man coming in from the country, who was passing by, to **carry** Jesus's cross. He was Simon of Cyrene, the father of Alexander and Rufus."

Mark 15:20-21



### WARM-UP: MENTAL

It is believed that the weight of the cross bar carried, was around 90# and carried to the place of the skull, approximately 650 meters. We prescribed male and female weights then that are challenging to endure on your shoulders for that distance. The abuse that Jesus has endured so far, would have killed anyone else. He was so weak by this point, that He was unable to carry the cross bar He'd soon be nailed to.



### WORKOUT

Carry a loaded barbell (90/70#) 650m without putting it down



### WRAP-UP: HUDDLE

Tell us about someone you would endure anything for. What drives that?





# Criminals



“Two others—**criminals**—were also led away to be executed with Him. 33 When they arrived at the place called The Skull, they crucified Him there, along with the criminals, one on the right and one on the left.”

Luke 23:32-33

39 Then one of the criminals hanging there began to yell insults at Him: “Aren’t you the Messiah? Save Yourself and us!” 40 But the other answered, rebuking Him: “Don’t you even fear God, since you are undergoing the same punishment? 41 We are punished justly, because we’re getting back what we deserve for the things we did, but this man has done nothing wrong.” 42 Then he said, “Jesus, remember me when You come into Your kingdom.”

43 And He said to him, “Truly I tell you, today you will be with Me in paradise.”

Luke 23:39-43



## WARM-UP: MENTAL

3 criminals, 3-rounds and 3 movements. Consider that hanging on the Cross was a degree of pain we can’t imagine. Having to lift or push themselves up just to take a breath. One simple question... at this moment, which side of the Cross are you on?



## WORKOUT

3 Rounds

(a hang, hold and push is one round)

Partner 1: Bar Hang

Partner 2: Farmer’s Carry Hold

Partner 3: 100ft Sandbag Carry

\*P 1&2 must hang/hold while P3 completes the carry.



## WRAP-UP: HUDDLE

One of the criminals went from insulting Jesus to crying out to Him. This was a moment of surrender. Take time to share testimonies. When did you truly surrender all to Jesus or you have not quite yet?





“Now it was nine in the morning when they **crucified** Him. 26 The inscription of the charge written against Him was: The King of the Jews. 27 They crucified two criminals with Him, one on His right and one on His left. 29 Those who passed by were yelling insults at Him, shaking their heads, and saying, “Ha! The one who would destroy the temple and rebuild it in three days, 30 save Yourself by coming down from the Cross!” 31 In the same way, the chief priests with the scribes were mocking Him among themselves and saying, “He saved others, but He cannot save Himself! 32 Let the Messiah, the King of Israel, come down now from the Cross, so that we may see and believe.” Even those who were crucified with Him taunted Him.”

Mark 15:25-32



## WARM-UP: MENTAL

As this story continues from Mark, Chapter 15, we chose a 15-min AMRAP. Because Jesus was crucified between two criminals; a couplet. And being that the crucifixion began at 9:00 a.m. in the morning, we'll strive for (9) reps for each movement of this couplet.



## WORKOUT

AMRAP 15-mins  
9 Dumbbell Squats  
(50/35)  
9 Calorie (any) Machine



## WRAP-UP: HUDDLE

What keeps you going, when it seems that everyone around you is criticizing what you know is important?





“They brought Jesus to the place called Golgotha (which means Place of the Skull). 23 They tried to give Him wine mixed with myrrh, but He did not take it.”

Mark 15:22-23



### WARM-UP: MENTAL

Jesus didn't just take on the punishment, but He allowed Himself to feel it. His refusal of the wine that couldn't have been pain relief, is why we will not take in any fluids during this hour.



### WORKOUT

3 minutes of Zone 2  
(any machine or jog)  
\*No intake the entire hour



### WRAP-UP: HUDDLE

Do we have a mom here who's done it, or do you know someone who did, during child birth, decline an epidural to help manage pain. Why?



20 **Lots**

“When the soldiers crucified Jesus, they took His clothes and divided them into four parts, a part for each soldier. They also took the tunic, which was seamless, woven in one piece from the top. 24 So they said to one another, “Let’s not tear it, but cast **lots** for it, to see who gets it.” This happened that the Scripture might be fulfilled that says: They divided my clothes among themselves, and they cast lots for my clothing., This is what the soldiers did.”

John 19:23-24

**WARM-UP: MENTAL**

They divided the clothes of Jesus into four parts, so... a four-part workout.

This isn't the first time we've read that something Jesus did during these 24-hours, fulfilled an Old Testament prophecy. In all, Jesus is said to have fulfilled over 300 of them!

**WORKOUT**

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

**WRAP-UP: HUDDLE**

Jesus, was prayed for. The coming Messiah that would set the captives free. You might wonder then, why would they kill who they prayed for? Anyone else ever experience Jesus showing up for you, but not in the way you wanted?



# Darkness



“It was now about noon, and **darkness** came over the whole land until three, 45 because the sun’s light failed.”

Luke 23:44-45



## WARM-UP: MENTAL

From Luke 23, a 23-min As Many Calories As Possible workout, in darkness with no idea how much time is left on this workout. Jesus is now hanging on the Cross for you. And He’ll stay there for the next 3-hours... in darkness.



## WORKOUT

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.



## WRAP-UP: HUDDLE

When it seems like the lights have gone out around you, what keeps that light shining in you so that you don’t quit?



# Abandoned



“And at three Jesus cried out with a loud voice, “Eloi, Eloi, lem· sabachth·ni?” which is translated, “My God, my God, why have you **abandoned** Me?”  
 35 When some of those standing there heard this, they said, “See, He’s calling for Elijah.” 36 Someone ran and filled a sponge with sour wine, fixed it on a stick, offered Him a drink, and said, “Let’s see if Elijah comes to take Him down.”

Mark 15:34–36



## WARM-UP: MENTAL

As we continue the story in Mark 15; a 15-minute run alone. At this point, God (the Father) turned His back on His Son, as His Son was now carrying our sin.



## WORKOUT

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



## WRAP-UP: HUDDLE

Knowing that Jesus stepped into eternal separation from God, and seeing and hearing how it broke His heart to take this on for you, how might you now view your own sin’s effect on you?





2:00 p.m. - 3:00 p.m.

GOOD FRIDAY

# 23 Last Breath



“Jesus let out a loud cry and breathed His last. 38 Then the curtain of the temple was torn in two from top to bottom. 39 When the centurion, who was standing opposite Him, saw the way He **breathed His last**, he said, “Truly this man was the Son of God!”

Mark 15:37-39

He said, “It is finished.” Then bowing His head, He gave up His spirit.”

John 19:30



## WARM-UP: MENTAL

For your last workout, a breather. This two part reminds us that the veil was torn in two. We now have the chance at restored peace with God, because of what our High Priest, I for us. When He was ready, He gave up His spirit. No one took it from Him. How much He endured for you, is a miracle in itself.



## WORKOUT

27-23-19-15  
Calorie Bike  
Thruster  
(empty bar)



## WRAP-UP: HUDDLE

In light now of what He gave for you, what He’s asking you to give Him, is your heart, your trust, your Faith, your belief. Your effort today was not to work for anything... but rather to walk along side of Him, while He did the work for you.





3:00 p.m. - 4:00 p.m.

GOOD FRIDAY

24

# Follow



Whoever believes has eternal life and has passed from death to life.  
John 5:24

In Christ, we become a new creation.  
2 Corinthians 5:17

We are born again into a living hope through the resurrection of Jesus.  
1 Peter 1:3

Thanks be to God, who gives us the victory through our Lord Jesus Christ.  
1 Corinthians 15:57

Jesus holds the keys of death and Hades.  
Revelation 1:18

There is now no condemnation for those in Christ Jesus.  
Romans 8:1



## WARM-UP: MENTAL

Let's watch this last video then break into small groups.



## WORKOUT

Prayer in small groups



## WRAP-UP: HUDDLE

Share your Golgotha experience.

Talk to God together and receive Jesus today maybe for the first time or in a renewed way.

Well Done!



# 24 The Gospel



CREATION --- FALL --- REDEMPTION --- RESTORATION

“In the beginning God created....”

Genesis 1:1

“Just as sin entered the world through one man,  
and death through sin,  
in this way death spread to all people,  
because all sinned.”

Romans 5:12

“I have come as light into the world,  
so that everyone who believes in Me  
would not remain in darkness.”

John 12:46

“Come to Me,  
all of you who are weary and burdened,  
and I will give you rest.”

Matthew 11:28-30

