

| Team Name | Dumb Bell Step-Ups | | Jump Rope | | Chin-Ups | | Bench Press | | Wind Sprint | | Sit-Ups | | Iron Cross | | Fireman's Carry | | Burpees | | Tire Flips | | Total Points | Final Place |
|----------------|--------------------|--------|-----------|--------|----------|--------|-------------|--------|-------------|--------|---------|--------|------------|--------|-----------------|--------|---------|--------|------------|--------|--------------|-------------|
| | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | Points | | |
| Timbs | 382 | 1 | 650 | 1 | 129 | 2 | 76 | 2 | 35 | 3 | 274 | 1 | 443 | 1 | 129 | 2 | 132 | 2 | 64 | 1 | 16 | 1 |
| MASH Teachers | 354 | 2 | 401 | 3 | 174 | 1 | 83 | 1 | 32 | 4 | 238 | 3 | 427 | 2 | 138 | 1 | 127 | 3 | 20 | 3 | 23 | 2 |
| Spangler & Co. | 322 | 3 | 473 | 2 | 80 | 4 | 35 | 4 | 44 | 2 | 252 | 2 | 318 | 4 | 94 | 3 | 145 | 1 | 38 | 2 | 27 | 3 |
| Lifting Ladies | 289 | 4 | 356 | 4 | 94 | 3 | 48 | 3 | 50 | 1 | 126 | 4 | 406 | 3 | 69 | 4 | 82 | 4 | 18 | 4 | 34 | 4 |