

VIVO  
LIFE

***SUPERHUMAN***  
**SUPER 10**

***2026***

**INFORMATION PACK**

# WHAT IS SUPER10?

SUPER10 is an individual Superhuman Games competition for 10 men and 10 women taking place on Saturday 4th July 2026 at Greville Smyth Park, Bristol (the same day as the 2026 Superhuman Games team and pairs competition).

There are no age groups for the competition, the two categories are:

**Individual Men**

**Individual Women**

On the day, athletes will complete individual versions of the 5 Superhuman Games workouts (listed below in no particular order). Each will last 20 minutes.

**Strength & Honour**

**Brutal Beat Down**

**Unconventional Beast**

**Assault Course**

**VO2 Max**

Athletes will receive a score for each workout and will be ranked at the end of the 5 workouts. At the end of the 5 workouts, the top 3 men and top 3 women will be crowned 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the SUPER10 Competition.

**Please note:** you can register for the online qualifier for free. However, if you receive an invite, the cost to enter the live competition will be £100 but all of this money will be put towards prize money for each respective category.

The prizes for each category will be as follows:

**1st place - £450**

**2nd place - £225**

**3rd place - £125**

# HOW IS THE SEASON STRUCTURED?

## **Registration For The Online Qualifier - 7th January - 21st February 2026**

Athletes will be able to register for free for the Online Qualifier from 7<sup>th</sup> January - 21st February. If you do not register within this time, you will not be allowed to take part in the Online Qualifier.

## **Online Qualifier Sent Out - 22nd February 2026**

All athletes that are registered will be sent details of the Online Qualifier including the workout, how to complete it and how to log your score.

## **Online Qualifier Period - 22nd February - 8<sup>th</sup> March 2026**

Athletes will then have from the 22nd February - 8th March to complete the workout (in accordance with rules outlined) and submit their score as directed. If athletes do not submit their score within this time, their score will not be reviewed.

## **Scoring Review - 9th March - 22nd March 2026**

Once all athletes have submitted their score, all scores will be reviewed by our event team.

## **Invites Sent Out & Accepted - 23rd March 2026**

The athletes that receive a score in the top 8 will receive an invite to the event. Invites will be sent out **by** 23rd March. Any spots that are not accepted will be moved to the person who received the next highest score in the online qualifier and so on until the 8 spots are filled. Athletes will be required to pay £100 to enter the live event but all of this money will be put towards the prize money in each respective category.

## **Workouts Released - 10th April 2026**

The 5 workouts that athletes will complete at the live event will be released exactly 12 weeks before the event.

## **SUPER10 Live Competition - Saturday 4th July 2026**

The live event will take place at Greville Smyth Park in Bristol on Saturday 4th July. All information on timings & the event day will be sent out closer to the event.

# HOW DO I QUALIFY?

SUPER10 is an invite-only competition. In order to receive an invite, you must either place in the top 8 in the online qualifier in your category, or receive an invite by the event director. The event director can allocate the remaining two spots in each category to whom they choose, such as former Superhuman Games champions, athletes from other sports etc.

## THE ONLINE QUALIFIER

Athletes that have registered for the online qualifier will be sent the workout details on Sunday 22nd February.

The online qualifier will consist of 1 x workout that must be completed in line with the workout details provided. As we are aware that not everyone has access to the kit we typically use at the Games, the online qualifier will use a combination of bodyweight movements and movements using kit that is accessible in most gyms (e.g. dumbbells).

You will be required to film your workout as well as have someone to judge & keep score for you. A printable scoring sheet will be provided when the qualifier is released as well as a full breakdown of movement standards for each exercise & guidelines on how the workout should be filmed.

Once completed, you will be required to submit your score as well as a recording of your workout to your account on the Superhuman website (details of which will be provided when the workout is sent out).

You are allowed to submit your score at any point within the online qualifier period, however, please be aware that you won't be able to see anyone else's score when doing so.

**If you have any questions, please email  
[events@superhumansports.com](mailto:events@superhumansports.com)**