

SAT 1ST JUNE 2019

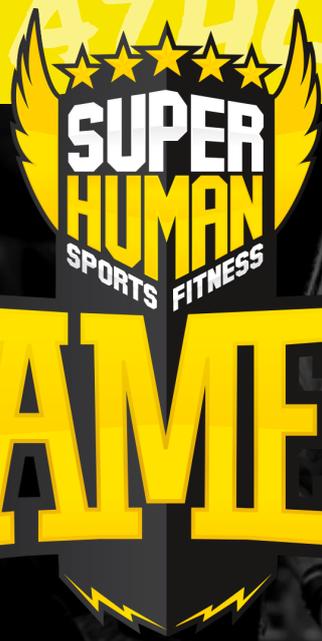
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2019 ATHLETE INFORMATION PACK

SAT 1ST JUNE 2019

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SPORTING CATEGORIES 2019

FUNCTIONAL FITNESS

STRONGMAN

POWERLIFTING

EVENT LOCATION

GREVILLE SMYTH SPORTS GROUND

ASHTON ROAD

BRISTOL

BS3 2EJ

(DIRECTLY OPPOSITE ASHTON GATE STADIUM)

PARKING LOCATION

ASHTON PARK SCHOOL, BS3 2JL



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SCHEDULE FOR THE DAY

08.00 – JUDGES REGISTRATION

08.15 - ALL ATHLETES TO ARRIVE AT VENUE

08.30 JUDGES BRIEFING

08.45-09.20: ATHLETE PRE-EVENT TALK WITH EVENT DIRECTOR (CRAIG STEVENS)

09.20-09.30: FINAL PREPARATIONS

09.30-09.40: CHALLENGE 1 WALK THROUGH (BOTH HEATS)

09.40-10.00: CHALLENGE 1 – HEAT 1

10.00-10.20: CHALLENGE AREA TO BE RESET & SCORES ISSUED

10.20-10.40: CHALLENGE 1 – HEAT 2

10.40-11.00: CHALLENGE AREA TO BE RESET & SCORES ISSUED

11.00-11.10: CHALLENGE 2 WALK THROUGH (BOTH HEATS)

>11.10-11.30: CHALLENGE 2 – HEAT 1

11.30-11.50: CHALLENGE AREA TO BE RESET & SCORES ISSUED

>11.50-12.10: CHALLENGE 2 – HEAT 2

12.10-12.30: CHALLENGE AREA TO BE RESET & SCORES ISSUED

12.30-12.40: CHALLENGE 3 WALK THROUGH (BOTH HEATS)

>12.40-13.00: CHALLENGE 3 – HEAT 1

13.00-13.20: CHALLENGE AREA TO BE RESET & SCORES ISSUED

>13.20-13.40: CHALLENGE 3 – HEAT 2

13.40-14.00: CHALLENGE AREA TO BE RESET & SCORES ISSUED

14.00-14.30: BREAK (COMPETITORS AND JUDGES)

14.30-14.40: CHALLENGE 4 WALK THROUGH (BOTH HEATS)

14.40-15.00: CHALLENGE 4 – HEAT 1

15.00-15.20: CHALLENGE AREA TO BE RESET & SCORES ISSUED

15.20-15.40: CHALLENGE 4 – HEAT 2

15.40-16.00: CHALLENGE AREA TO BE RESET & SCORES ISSUED

16.00-16.10: CHALLENGE 5 WALK THROUGH (BOTH HEATS)

16.10-16.30: CHALLENGE 5 – HEAT 1

16.30-16.50: CHALLENGE AREA TO BE RESET & SCORES ISSUED

16.50-17.10: CHALLENGE 5 – HEAT 2

17.10-17.30: FINAL POINTS/RESULTS CALCULATED

17.30-18.00: POST EVENT TALKS AND PRESENTATION



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ONLINE CHECK-IN & PARKING

ATHLETES MUST COMPLETE ONLINE CHECK-IN ON THE WEEK OF THE EVENT TO CONFIRM ATTENDANCE AND THE ONLINE CHECK-IN PROCESS WILL OPEN AT 6AM ON WEDNESDAY 29TH MAY. IF YOU ARE COMPETING IN THE PAIRS CATEGORY THEN ONLY ONE ATHLETE WILL NEED TO CHECK IN YOUR TEAM. (NOTE: ALL ATHLETES THAT ARE COMPETING IN THE INDIVIDUAL CATEGORY WILL NEED TO CHECK IN USING YOUR NAME AS YOUR 'TEAM NAME')

STEPS:

1. GO TO WWW.SUPERHUMANSPO RTS.COM

2. CLICK INTO 'FUNCTIONAL FITNESS' CATEGORY ON THE HOME PAGE

3. CLICK THE "CHECK IN" BUTTON AND FOLLOW THE INSTRUCTIONS

4. LOG IN WITH YOUR DETAILS - NOTE: IF YOU HAVE CHANGED YOUR TEAM NAME THEN YOUR OLD TEAM NAME MAY STILL APPEAR AT THIS POINT, HOWEVER PLEASE IGNORE THAT. IF YOU HAVE ISSUES LOGGING IN, FIRST TRY RESETTING YOUR EMAIL ADDRESS, FAILING THAT, YOU CAN EMAIL US AT EVENTS@SUPERHUMANSPO RTS.COM

5. ONCE YOU HAVE LOGGED IN AND REGISTERED, YOU CAN ALSO 'PAY FOR PARKING' (PLEASE HAVE YOUR VEHICLE REGISTRATION TO HAND AND PARKING COSTS £5 PER CAR)

6. CONFIRM & PAY

7. A CONFIRMATION EMAIL WILL THEN BE SENT TO YOU, PLEASE ENSURE YOU EITHER PRINT COPY OR ENSURE YOU HAVE THE EMAIL UP READY ON YOUR PHONE WHEN YOU ARRIVE. NOTE: ANY CAR THAT SHOWS UP WITHOUT THEIR CONFIRMATION WILL BE CHARGED £5 PARKING FEE



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ATHLETE GAZEBO'S

SUPERHUMAN GAMES IS A FULL DAY OUTDOOR EVENT, SO WE SUGGEST THAT ATHLETES BRING ALONG A SMALL GAZEBO FOR SHELTER THROUGHOUT THE DAY IF THE WEATHER IS POOR.

THERE IS A DESIGNATED ATHLETE AREA FOR THIS WHICH WILL ALSO HAVE TOILETS, VENDORS AND LIVE MUSIC.

THE VENDOR VILLAGE WILL INCLUDE MULTIPLE FOOD & DRINK OPTIONS AS WELL AS RETAIL STORES ... AND OF COURSE, BRISTOL BEER FACTORY WILL BE ATTENDING WITH THEIR MOBILE BAR.

HOWEVER, PLEASE REMEMBER THAT SPACE IS LIMITED SO DONT GO MENTAL AS WE'LL HAVE TO ASK YOU TO REDUCE WHAT YOU HAVE ON THE DAY AND TAKE IT BACK TO YOUR CAR!

NOTE:

PLEASE DO NOT OBSTRUCT ANY WALK WAY, OR BLOCK ANY ENTRANCES

- PERSONAL BELONGINGS ARE LEFT ALONE ENTIRELY AT YOUR OWN RISK. THERE IS SECURITY ON-SITE, HOWEVER SUPERHUMAN SPORTS WILL EXCEPT NO RESPONSIBILITY FOR THE SECURITY OF YOUR ITEMS LEFT UNATTENDED



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SPECTATORS

SUPERHUMAN GAMES ALWAYS ATTRACTS BIG CROWDS AND IS NOW SEEN AS ONE OF BRISTOL'S MAJOR SPORTING EVENTS.

WE DO NOT CHARGE FOR SPECTATORS SO PLEASE FEEL FREE TO BRING AS MANY FRIENDS AND FAMILY AS YOU LIKE. (HOWEVER THEY WILL NEED TO PAY FOR PARKING AS IT IS RESIDENTIAL PARKING AROUND THE AREA).



VO2 MAX - MALE PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY SHUTTLE RUNS AS POSSIBLE OVER 9 MINUTES AND TO ACHIEVE YOUR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES

CHALLENGE DESCRIPTION - ON GO, TEAMS WILL ACHIEVE THEIR MAX AMOUNT OF SHUTTLE RUNS OVER 9 MINUTES AS FOLLOWS; ATHLETE 1, SPRINT TO 10M CONE AND BACK TO THE START LINE, THEN TO THE 15M CONE AND BACK TO THE START LINE AND THEN THE 20M CONE AND BACK TO THE START LINE TO TAG IN YOUR TEAM MATE.

ONCE BOTH ATHLETES HAVE COMPLETED THEIR SHUTTLE RUN, THE TEAM IS AWARDED ONE LAP. ONCE THE 9 MINUTES HAVE LAPSED YOUR TEAM WILL THEN HAVE 2 MINUTES TO TRANSITION TO THE SPIN BIKE AND PREPARE. ONCE THE 2 MINUTE TRANSITION TIME HAS LAPSED, YOUR TEAM WILL THEN PROCEED TO ACHIEVING YOUR MAX DISTANCE ON THE SPIN BIKE OVER 9 MINUTES.

CHALLENGE RULES

1. SHUTTLES RUNS MUST BE COMPLETED LAP FOR LAP
2. ATHLETES MUST GO 'AROUND' THE CONE WHEN PERFORMING THE SHUTTLE RUNS
3. AT THE END OF THE 9 MINUTE SHUTTLE ROUND, HALF LAPS WILL COUNT TOWARDS THE TEAM SCORE
4. CYCLING CLEETS ARE NOT PERMITTED
5. ALL SEATED AND STANDING POSITIONS ARE PERMITTED, OTHER THAN LEANING OVER THE HANDLEBARS WHEN STANDING I.E YOUR HEAD AND SHOULDERS MUST NOT BE IN FRONT OF THE HANDLEBARS



VO2 MAX - FEMALE PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE YOUR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES AND TO THEN ACHIEVE AS MANY SHUTTLE RUNS AS POSSIBLE OVER 9 MINUTES.

CHALLENGE DESCRIPTION - ON GO, TEAMS WILL ACHIEVE THEIR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES. ONCE THE 9 MINUTES HAVE LAPSED YOUR TEAM WILL THEN HAVE 2 MINUTES TO TRANSITION TO THE SHUTTLE RUNS AND PREPARE. ONCE THE 2 MINUTE TRANSITION TIME HAS LAPSED, TEAMS WILL ACHIEVE THEIR MAX AMOUNT OF SHUTTLE RUNS OVER 9 MINUTES AS FOLLOWS; ATHLETE 1, SPRINT TO 10M CONE AND BACK TO THE START LINE, THEN TO THE 15M CONE AND BACK TO THE START LINE AND THEN THE 20M CONE AND BACK TO THE START LINE TO TAG IN YOUR TEAM MATE.

WHEN BOTH ATHLETES HAVE COMPLETED THEIR SHUTTLE RUN THE TEAM IS AWARDED ONE LAP

CHALLENGE RULES

1. CYCLING CLEETS ARE NOT PERMITTED
2. ALL SEATED AND STANDING POSITIONS ARE PERMITTED, OTHER THAN LEANING OVER THE HANDLEBARS WHEN STANDING I.E YOUR HEAD AND SHOULDERS MUST NOT BE IN FRONT OF THE HANDLEBARS
3. ATHLETES MUST GO 'AROUND' THE CONE WHEN PERFORMING THE SHUTTLE RUNS
4. SHUTTLES RUNS MUST BE COMPLETED LAP FOR LAP
5. AT THE END OF THE 9 MINUTE SHUTTLE ROUND, HALF LAPS WILL COUNT TOWARDS THE TEAM SCORE



VO2 MAX - MALE INDIVIDUALS

CHALLENGE OBJECTIVE - YOUR OBJECTIVE IS TO ACHIEVE AS MANY SHUTTLE RUNS AS POSSIBLE OVER 9 MINUTES AND TO ACHIEVE YOUR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL ACHIEVE THEIR MAX AMOUNT OF SHUTTLE RUNS OVER 9 MINUTES AS FOLLOWS; SPRINT TO 10M CONE AND BACK TO THE START LINE, THEN TO THE 15M CONE AND BACK TO THE START LINE AND THEN THE 20M CONE AND BACK TO THE START. TO COMPLETE ONE LAP.

ONCE THE 9 MINUTES HAVE LAPSED ATHLETES WILL THEN HAVE 2 MINUTES TO TRANSITION TO THE SPIN BIKE AND PREPARE. ONCE THE 2 MINUTE TRANSITION TIME HAS LAPSED, ATHLETES WILL THEN PROCEED TO ACHIEVING YOUR MAX DISTANCE ON THE SPIN BIKE OVER 9 MINUTES.

CHALLENGE RULES

- 1.. ATHLETES MUST GO 'AROUND' THE CONE WHEN PERFORMING THE SHUTTLE RUNS
2. AT THE END OF THE 9 MINUTE SHUTTLE ROUND, ONLY FULL LAPS WILL COUNT TOWARDS YOUR SCORE
3. CYCLING CLEETS ARE NOT PERMITTED
4. ALL SEATED AND STANDING POSITIONS ARE PERMITTED, OTHER THAN LEANING OVER THE HANDLEBARS WHEN STANDING I.E YOUR HEAD AND SHOULDERS MUST NOT BE IN FRONT OF THE HANDLEBARS



VO2 MAX - FEMALE INDIVIDUALS

CHALLENGE OBJECTIVE - YOUR OBJECTIVE IS TO ACHIEVE YOUR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES AND TO THEN ACHIEVE AS MANY SHUTTLE RUNS AS POSSIBLE OVER 9 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL ACHIEVE THEIR MAX DISTANCE ON A SPIN BIKE OVER 9 MINUTES. ONCE THE 9 MINUTES HAVE LAPSED ATHLETES WILL THEN HAVE 2 MINUTES TO TRANSITION TO THE SHUTTLE RUNS AND PREPARE. ONCE THE 2 MINUTE TRANSITION TIME HAS LAPSED, ATHLETES WILL THEN ACHIEVE THEIR MAX AMOUNT OF SHUTTLE RUNS OVER 9 MINUTES AS FOLLOWS; SPRINT TO 10M CONE AND BACK TO THE START LINE, THEN TO THE 15M CONE AND BACK TO THE START LINE AND THEN THE 20M CONE AND BACK TO THE START LINE TO BE AWARDED ONE LAP.

CHALLENGE RULES

1. CYCLING CLEETS ARE NOT PERMITTED
2. ALL SEATED AND STANDING POSITIONS ARE PERMITTED, OTHER THAN LEANING OVER THE HANDLEBARS WHEN STANDING I.E YOUR HEAD AND SHOULDERS MUST NOT BE IN FRONT OF THE HANDLEBARS
3. ATHLETES MUST GO 'AROUND' THE CONE WHEN PERFORMING THE SHUTTLE RUNS
4. AT THE END OF THE 9 MINUTE SHUTTLE ROUND, ONLY FULL LAPS WILL COUNT TOWARDS YOUR FINAL SCORE.



600M ASSAULT COURSE - INDIVIDUALS

CHALLENGE OBJECTIVE

YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF A 600M ASSAULT COURSE. YOU WILL THEN BE AWARDED POINTS BASED ON THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES. THE OBSTACLE COURSE WILL INVOLVED RUNNING, JUMPING, CRAWLING AND CLIMBING AMONGST OTHER THINGS (THERE WILL NOT BE ANY WATER OBSTACLES INVOLVING WATER... UNLESS IT RAINS!)

CHALLENGE RULES

1. ATHLETES MUST PASS THE FINISH LINE FULLY TO RECEIVE A FULL LAP
2. HALF LAPS WILL COUNT TOWARDS YOUR SCORE ON YOUR FINAL LAP
3. ATHLETES THAT CANNOT COMPLETE AN OBSTACLE TO NEED TO COMPLETE PENALTY BURPEES BEFORE MOVING FORWARD TO THE NEXT OBSTACLE (AMOUNT OF BURPEES WILL BE DEPENDANT ON THE OBSTACLE MISSED)



600M ASSAULT COURSE - PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF A 600M ASSAULT COURSE. YOUR TEAM WILL THEN BE AWARDED POINTS BASED ON THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETE 1 WILL ATTEMPT TO COMPLETE A 600M ASSAULT COURSE WHILE ATHLETE 2 WAITS AT THE FINISH LINE. WHEN ATHLETE 1 CROSSES THE FINISH LINE, HE/SHE WILL THEN TAG ATHLETE 2. ATHLETE 2 WILL THEN ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE. THIS PROCESS CONTINUES FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. ATHLETES ARE PERMITTED TO COMPLETE MULTIPLE LAPS (I.E ATHLETES DO NOT NEED TO GO LAP FOR LAP)
2. IF AN ATHLETE CANNOT COMPLETE AN OBSTACLE, HE/SHE MUST COMPLETE AN AMOUNT OF PENALTY BURPEES BEFORE MOVING FORWARD (THE AMOUNT WILL BE DEPENDANT ON THE OBSTACLE MISSED)
3. ON YOUR FINAL LAP, HALF LAPS WILL COUNT TOWARDS YOUR TEAM SCORE



STRENGTH & HONOUR (MALE PAIRS)

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 30M 'TRACTOR TYRE' FLIPS & 30M WEIGHTED 'CAR TYRE' DRAGS. POINTS ARE AWARDED BASED ON THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL FLIP THE 'TRACTOR TYRE' 15M , ONCE THE TYRE HAS 'FULLY' CROSSED THE 15M LINE, ONE ATHLETE WILL RUN BACK TO THE START LINE, COLLECT THE ROPE AND RUN IT TO THE 15M LINE. ONCE BOTH ATHLETES AND THE ROPE ARE OVER THE 15M LINE (I.E .. YOU CAN NOT START THE TYRE DRAG UNTIL YOU HAVE CROSSED THE LINE FULLY WITH THE ROPE) ATHLETES WILL THEN USE THE ROPE TO PERFORM THE 15M TYRE DRAG. ONCE THE TYRE HAS CROSSED THE LINE, ATHLETES WILL RETURN BOTH TYRES BACK TO THE START LINE IN THE SAME FORMAT (FLIPS/DRAGS). ONCE BOTH TYRES HAVE FULLY CROSSED THE START LINE, YOUR TEAM IS AWARDED ONE LAP.

CHALLENGE RULES

1. ONLY ONE ATHLETE IS PERMITTED TO FLIP THE TRACTOR TYRE (I.E YOU MUST NOT HELP YOUR TEAMMATE FLIP THE TYRE). HOWEVER, ATHLETES CAN CHOOSE TO DO MULTIPLE FLIPS IF THEY SO WISH AS PART OF YOUR TEAM STRATEGY.
2. ONLY ONE ATHLETE IS PERMITTED TO BE COMPLETING THE TYRE DRAGS AT ANY ONE TIME I.E. YOU CANNOT HELP YOU TEAMMATE COMPLETE TYRE DRAGS. HOWEVER, ATHLETES CAN CHOOSE TO SWOP WHILST PERFORMING THE TYRE DRAGS AS MANY TIMES AS THEY CHOOSE AS PART OF YOUR TEAM STRATEGY.
3. TRACTOR TYRES AND CAR TYRES MUST FULLY CROSS THE LINE AT EACH END
4. AT THE END OF THE 20 MINUTES, HALF LAP WILL COUNT TOWARDS YOUR TEAM SCORE PROVIDING BOTH THE TRACTOR TYRE AND THE CAR TYRE HAVE FULLY CROSSED THE HALFWAY LINE.

WEIGHTS

TRACTOR TYRE - APPROX 160KG

TYRE DRAGS - MALE 50KG / FEMALE 30KG (ROPE IS 1INCH THICK & 20M IN LENGTH)



STRENGTH & HONOUR (FEMALE PAIRS)

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 30M 'TRACTOR TYRE' FLIPS & 30M OF WEIGHTED 'CAR TYRE DRAGS'. POINTS ARE THEN AWARDED BASED ON THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL FLIP THE 'TRACTOR TYRE' 15M , ONCE THE TYRE HAS 'FULLY' CROSSED THE 15M LINE, ONE ATHLETE WILL RUN BACK TO THE START LINE, COLLECT THE ROPE AND RUN IT TO THE 15M LINE. ONCE BOTH ATHLETES AND THE ROPE ARE OVER THE 15M LINE (I.E .. YOU CAN NOT START THE TYRE DRAG UNTIL YOU HAVE CROSSED THE LINE FULLY WITH THE ROPE) ATHLETES WILL THEN USE THE ROPE TO PERFORM THE 15M TYRE DRAG. ONCE THE TYRE HAS CROSSED THE LINE, ATHLETES WILL RETURN BOTH TYRES BACK TO THE START LINE IN THE SAME FORMAT (FLIPS/DRAGS). ONCE BOTH TYRES HAVE FULLY CROSSED THE START LINE, YOUR TEAM IS AWARDED ONE LAP.

CHALLENGE RULES

1. ATHLETES CAN FLIP THE TRACTOR TYRE TOGETHER
2. ONLY ONE ATHLETE MUST BE ON THE TYRE DRAG ROPE AT ANY ONE TIME I.E. YOU CANNOT HELP YOU TEAMMATE COMPLETE TYRE DRAGS. HOWEVER, ATHLETES CAN SWOP AS MANY TIMES AS THEY CHOOSE AS PART OF YOUR TEAM STRATEGY.
3. TRACTOR TYRES AND CAR TYRES MUST BE FULLY OVER THE LINE AT EACH END.
4. AT THE END OF THE 20 MINUTES, HALF LAPS WILL COUNT TOWARDS YOUR TEAM SCORE AS LONG AS BOTH THE TRACTOR TYRE AND THE CAR TYRE HAVE FULLY CROSSED THE HALFWAY LINE.

WEIGHTS

TRACTOR TYRE - APPROX 160KG

TYRE DRAGS - MALE 50KG / FEMALE 30KG (ROPE IS 1INCH THICK & 20M IN LENGTH)



STEEL HEART. IRON WILL.

STRENGTH & ENDURANCE CHALLENGES



YOUR OBJECTIVE IS TO ACHIEVE THE MOST 'TRACTOR TYRE' FLIPS & 30M OF WEIGHTED 'CAR TYRE' DRAGS. FURTHERMORE, THE MOST AMOUNT OF LAPS COMPLETED



CHALLENGE RULES

- 1. TRACTOR TYRES AND CAR TYRES MUST BE USED AT EACH END IN ORDER TO BE AWARDED A LAP
- 3. AT THE END OF THE 20 MINUTES, HALF LAPS WILL COUNT TOWARDS YOUR SCORE AS LONG AS BOTH THE TRACTOR TYRE AND THE CAR TYRE HAVE FULLY CROSSED THE HORIZONTAL LINE.

STEEL HEART. IRON WILL.

WEIGHTS

TRACTOR TYRE - MALE APPROX 160KG / FEMALE APPROX 120KG
TYRE DRAGS - MALE 50KG / FEMALE 30KG



UNCONVENTIONAL BEAST - PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 40M KEG CARRY, 40M LOG CARRY AND 40M SANDBAG CARRY. POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - BOTH ATHLETES AND ALL 3 OBJECTS WILL BE AT THE START LINE. ON GO, ATHLETE 1 WILL CARRY OBJECT ONE TO THE 20M LINE, COLLECT OBJECT TWO AND CARRY TO THE 20M LINE, AND FINALLY OBJECT THREE. ATHLETE ONE WILL THEN RUN BACK TO THE START LINE AND TAG IN HIS/HER PARTNER TO BRING ALL OBJECTS BACK TO THE START. WHEN THE LAST OBJECT IS RETURNED BACK TO THE START LINE, ONE LAP IS AWARDED. THIS PROCESS WILL CONTINUE FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. THIS CHALLENGE MUST BE COMPLETED HALF LAP FOR HALF LAP I.E ATHLETES CANNOT COMPLETE FULL LAPS
2. ATHLETES CAN CHOOSE TO CARRY THE OBJECTS IN ANY ORDER THEY SO WISH.
3. ATHLETES CAN CHOOSE TO CARRY THE OBJECTS HOWEVER THEY SO WISH (OTHER THAN THE SANDBAGS MUST NOT BE PICKED UP BY THE HANDLE AT THE TOP OF THE BAG)
4. ALL OBJECTS MUST PASS THE START/FINISH LINE COMPLETELY IN ORDER TO BE AWARDED A LAP
5. ONCE YOU HAVE CROSSED THE LINE ON YOUR 3RD OBJECT. ATHLETES ARE PERMITTED TO PASS THE OBJECT TO HIS/HER TEAM MATE (I.E THE OBJECT DOES NOT NEED TO TOUCH THE GROUND - IT JUST NEEDS TO CROSS THE LINE)
6. THE MALE SANDBAG CARRY WILL BE X2 15KG SANDBAGS, AND BOTH BAGS ARE TO BE CARRIED AT THE SAME TIME
7. AT THE END OF THE CHALLENGE HALF LAPS WILL COUNT TOWARDS YOUR TEAM SCORE

WEIGHTS

KEG - MALE = 50KG / FEMALE = 35KG (LENGTH: 50CM / DIAMETER: 38CM

LOG - MALE = 55KG / FEMALE = 30KG

SANDBAGS - MALE = 2X 15KG BAGS / FEMALE = 1X 20KG BAG



UNCONVENTIONAL BEAST - INDIVIDUALS

CHALLENGE OBJECTIVE - YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 40M KEG CARRY, 40M LOG CARRY AND 40M SANDBAG CARRY. POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ATHLETES AND ALL 3 OBJECTS WILL BE AT THE START LINE. ON GO, YOU WILL CARRY OBJECT ONE TO THE 20M LINE, COLLECT OBJECT TWO AND CARRY TO THE 20M LINE, AND FINALLY OBJECT THREE TO THE 20M LINE. YOU WILL THEN RETURN ALL THREE OBJECTS BACK TO THE START LINE IN THE SAME MANOR. WHEN THE LAST OBJECT IS RETURNED BACK TO THE START LINE, ONE LAP IS AWARDED. THIS PROCESS WILL CONTINUE FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. ATHLETES CAN CHOOSE TO CARRY THE OBJECTS IN ANY ORDER THEY WISH.
2. ATHLETES CAN CHOOSE TO CARRY THE OBJECTS HOWEVER THEY WISH.
3. ALL OBJECTS MUST PASS THE START/FINISH LINES COMPLETELY TO BE AWARDED A LAP
4. THE MALE SANDBAG CARRY WILL BE X2 20KG SANDBAGS, NOT ONE BAG! BOTH BAGS ARE TO BE CARRIED AT THE SAME TIME
5. AT THE END, HALF LAPS WILL COUNT TOWARDS YOUR FINAL SCORE

WEIGHTS

KEG - MALE = 50KG / FEMALE = 35KG (LENGTH: 50CM / DIAMETER: 38CM)

LOG - MALE = 55KG / FEMALE = 30KG

SANDBAG - MALE = 30KG / FEMALE = 15KG



BRUTAL BEAT DOWN - PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 10X DEADLIFTS (NOTE: ON THE DEADLIFTS YOU WILL BE USING A SOLID, THICK POLE AND CONCRETE BLOCKS, NOT A BARBELL!) AND 60M WEIGHTED SLAM BALL THROWS. POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, TEAMS WILL PERFORM 10X DEADLIFTS (TO STANDARD). ONCE COMPLETED, TEAMS WILL THEN THROW A WEIGHTED SLAM BALL FORWARD TO THE 30M LINE AND BACK 30M TO THE START LINE AND WILL BE AWARDED ONE LAP. THIS PROCESS CONTINUES FOR THE FULL 20 MINUTES TIME CAP.

CHALLENGE RULES

1. TEAMS CAN CHOOSE TO DIVIDE SLAM BALL THROW AND DEADLIFT REPS BETWEEN THEM HOWEVER THEY SO WISH.
2. THE SLAM BALL MUST FULLY PASS THE 30M AND START LINE AT BOTH ENDS TO BE AWARDED A LAP
3. DEADLIFT STANDARDS - FULL EXTENSION THROUGH THE ANKLE, KNEE AND HIP WITH SHOULDERS BEHIND THE BAR AT THE TOP OF THE REP.
4. ATHLETES ARE PERMITTED TO THROW THE SLAM BALL IN A 'SPLIT STANCE' POSITION .. I.E YOU MAY ALLOW ONE FOOT TO STEP FORWARD WHEN THROWING THE BALL .. HOWEVER, THIS DOES NOT MEAN THAT YOU CAN TRAVEL FORWARD WITH THE BALL ! ANY ATHLETE FOUND TRAVELLING WITH THE BALL WILL RECEIVE 2 WARNINGS AND THEN LAP REDUCTIONS.
5. THE BALL MUST BE THROWN FORWARD FROM ABOVE WAIST HEIGHT AND CANNOT BE ROLLED FORWARD.
6. YOUR SLAM BALL MUST STAY IN YOUR LANE. IF YOUR BALL LEAVES YOUR LANE AT ANY POINT YOU WILL BE GIVEN A WARNING, IF IT HAPPENS A SECOND TIME YOU WILL START THE LAP AGAIN (JUST THE THROWS, NOT THE DEADLIFTS)

WEIGHTS

DEADLIFT BLOCKS - MALE = 75KG / FEMALE = 50KG

SLAM BALL THROWS - MALE = 45KG / FEMALE = 30KG



BRUTAL BEAT DOWN - INDIVIDUALS

CHALLENGE OBJECTIVE - - YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 10X DEADLIFTS (NOTE: ON THE DEADLIFTS YOU WILL BE USING A SOLID, THICK POLE AND CONCRETE BLOCKS, NOT A BARBELL) AND 60M WEIGHTED SLAM BALL THROWS. POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL PERFORM 10X DEADLIFTS (TO STANDARD). ONCE COMPLETED, ATHLETES WILL THEN THROW A WEIGHTED SLAM BALL FORWARD TO THE 30M LINE AND BACK 30M TO THE START LINE AND WILL BE AWARDED ONE LAP. THIS PROCESS CONTINUES FOR THE FULL 20 MINUTES TIME CAP.

CHALLENGE RULES

1. THE SLAM BALL MUST FULLY PASS THE 30M AND START LINE AT BOTH ENDS TO BE AWARDED A LAP
2. DEADLIFT STANDARDS - FULL EXTENSION THROUGH THE ANKLE, KNEE AND HIP WITH SHOULDERS BEHIND THE BAR AT THE TOP OF THE REP.
3. ATHLETES ARE PERMITTED TO THROW THE SLAM BALL IN A 'SPLIT STANCE' POSITION .. I.E YOU MAY ALLOW ONE FOOT TO STEP FORWARD WHEN THROWING THE BALL .. HOWEVER, THIS DOES NOT MEAN THAT YOU CAN TRAVEL FORWARD WITH THE BALL ! ANY ATHLETE FOUND TRAVELLING WITH THE BALL WILL RECEIVE 2 WARNINGS AND THEN LAP REDUCTIONS.
5. THE BALL MUST BE THROWN FORWARD FROM ABOVE WAIST HEIGHT AND CANNOT BE ROLLED FORWARD.
6. YOUR SLAM BALL MUST STAY IN YOUR LANE. IF YOUR BALL LEAVES YOUR LANE AT ANY POINT YOU WILL BE GIVEN A WARNING, IF IT HAPPENS A SECOND TIME YOU WILL START THE LAP AGAIN (JUST THE THROWS, NOT THE DEADLIFTS)

WEIGHTS

DEADLIFT BLOCKS - MALE = 75KG / FEMALE = 50KG

SLAM BALL THROWS - MALE = 45KG / FEMALE = 30KG



STEEL HEART. IRON WILL.

VO2 MAX

SPIN BIKE - 80 POINTS PER MILE

PER 3/4 OR .75MILE 60

PER 1/2 OR .5MILE 40

PER 1/4 OR .25MILE 20

SHUTTLE RUNS - 20 POINTS PER LAP (180M)

(HALF LAPS COUNT TOWARDS FINAL SCORE)

UNCONVENTIONAL BEAST - 43.4 POINTS PER LAP

(HALF LAPS COUNT TOWARDS FINAL SCORE)

BRUTAL BEAT DOWN - 43.4 POINTS PER LAP

(NO HALF LAPS)

STRENGTH & HONOUR - 62.5 POINTS PER LAP

(HALF LAPS COUNT TOWARDS FINAL SCORE)

ASSAULT COURSE - 62.5 POINTS PER LAP

(HALF LAPS COUNT TOWARDS FINAL SCORE)