

THE WORKOUTS

MIXED SEX PAIRS



PRODUCED BY SUPERHUMAN SPORTS

SATURDAY 10TH JUNE 2023
HOSTED IN THE CITY OF BRISTOL

5 WORKOUTS TO COMPLETE THROUGHOUT THE DAY:

VO2 MAX

STRENGTH & HONOUR

BRUTAL BEAT DOWN

UNCONVENTIONAL BEAST

THE ASSAULT COURSE

ORDER OF EVENTS

PLEASE NOTE: THE ORDER THAT YOU COMPLETE THE 5 WORKOUTS ON THE DAY WILL DEPEND ON WHICH HEAT YOU ARE IN. YOU WILL FIND OUT YOUR HEAT CLOSER TO THE EVENT.

VO2 MAX

IN 20MINS COMPLETE THE FOLLOWING:

-1.2KM PAIRED RUCK RUN

-1.2KM PAIRED RUN

**-MAX DISTANCE ROW IN THE REMAINING
TIME (ON ONE ROWER)**

**SCORE: YOUR SCORE IS THE TOTAL DISTANCE
ACHIEVED IN THE TWO RUNS COMBINED WITH THE
DISTANCE ACHIEVED ON THE ROWER.**

WATCH ME HERE

VO2 MAX WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

EACH ATHLETE IN THE PAIR WILL BE WEARING A BACKPACK.

PAIRS WILL ALSO BE HOLDING A ROPE TOGETHER AND MUST CARRY THIS AT ALL TIMES DURING BOTH RUNS (ATHLETES MUST STAY TOGETHER DURING THE RUNS).

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL FIRST SET OFF ON THE 1.2KM RUCK RUN, THE ROUTE IS A 600M LOOP THAT MUST BE COMPLETED TWICE. JUDGES WILL BE STATIONED ALONG THE ROUTE AND AT THE START/FINISH LINE. PLEASE ENSURE YOU SAY YOUR LANE NUMBER TO THE LAP JUDGE AT THE START/FINISH LINE WHENEVER YOU COMPLETE A 600M LAP.

ONCE PAIRS HAVE COMPLETED THE 1.2KM RUCK RUN, THEY WILL LEAVE THEIR BAGS IN THEIR STARTING PEN AND WILL NOW COMPLETE A 1.2KM PAIRED RUN WITHOUT THE BACKPACKS. SAME RULES APPLY AS THE RUCK RUN (I.E. YOU MUST RUN TOGETHER CARRYING THE ROPE AT ALL TIMES AND YOU MUST COMPLETE 2 LAPS OF THE 600M ROUTE).

ONCE PAIRS HAVE COMPLETED THE 1.2KM RUN, THEY WILL THEN MOVE TO THEIR SINGLE ROWER. IN THE REMAINING TIME THEY HAVE LEFT OF THE 20MINUTES, THEY MUST TRY TO ACCUMULATE AS MUCH DISTANCE ON THE ROWER AS POSSIBLE.

YOUR SCORE IS THE TOTAL DISTANCE ACHIEVED IN THE TWO RUNS COMBINED WITH THE DISTANCE ACHIEVED ON THE ROWER.

VO2 MAX WORKOUT DETAILS

MOVEMENT STANDARDS

- BACKPACK WEIGHT: 15KG MALES, 10KG FEMALES.
- PAIRS MUST COMPLETE BOTH THE RUCK RUN AND RUN TOGETHER. PAIRS MUST COMPLETE BOTH RUNS HOLDING THE ROPE PROVIDED.
- IN THE EVENT OF A TEAM SPLITTING UP ON EITHER RUN, YOU WILL NOT BE PERMITTED TO START THE NEXT STAGE OF THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE CURRENT STAGE YOU ARE ON. YOU MAY ALSO BE PENALISED FOR SPLITTING UP ON THE RUN.
- ONLY ONE PERSON CAN ROW AT ANY ONE TIME AND YOU WILL DECIDE YOUR OWN STRATEGY AS TO HOW TO SPLIT THE WORKLOAD BETWEEN YOU.
- ALL ROWERS WILL BE SET TO ZERO RESISTANCE AND YOU WILL DECIDE YOUR OWN STRATEGY AS TO RESISTANCE LEVELS.

LAP STANDARDS

HALF LAPS: THERE ARE NO HALF LAPS ON THIS WORKOUT, UNLESS YOU DO NOT COMPLETE THE TWO 1.2KM RUNS.

IF YOU ARE UNABLE TO COMPLETE THE 1.2K RUCK RUN AND 1.2K UNWEIGHTED RUN IN THE 20 MINUTES, YOUR SCORE WILL BE THE COMBINED DISTANCE YOU ACHIEVE ON THE TWO RUNS (TO THE NEAREST COMPLETED 600M LAP). SO FOR EXAMPLE, SAY YOUR TEAM COMPLETES THE 2 X 600M LAPS FOR THE 1.2K RUCK RUN AND ONLY 1 LAP OF THE UNWEIGHTED RUN (BEFORE THE TIME IS UP), YOUR SCORE FOR THE WORKOUT WILL BE 1800 METRES.

STRENGTH & HONOUR

**IN 20MINS COMPLETE AS MANY LAPS AS
POSSIBLE OF:**

-25M LOG SLED PULL

-25M TYRE FLIPS

-100M RUNNING LAP

**SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20
MINUTES.**

WATCH ME HERE

STRENGTH & HONOUR WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

BOTH ATHLETES WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT) NEXT TO THE LOG SLED PULL.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL BOTH PICK UP THE LOG AND PROCEED TO DRAG THE SLED 25 METRES UNTIL THEY CROSS THE DESIGNATED 25M LINE (THE SLED MUST CROSS THE LINE, NOT JUST THE LOG, PLEASE NOTE: **PARTIAL LINE CROSSING IS NOT ACCEPTABLE**).

ATHLETES WILL THEN MOVE TO THE TRACTOR TYRE STATIONED AT THE 25M LINE AND PROCEED TO FLIP IT 25M BACK TO THE START LINE, MIXED PAIRS WILL FLIP THE TYRE IN PAIRS (BUT CAN ALSO FLIP IT INDIVIDUALLY). THEY MUST CONTINUE TO FLIP THE TYRE UNTIL THE TYRE HAS CROSSED THE DESIGNATED LINE (**PARTIAL LINE CROSSING IS ACCEPTABLE**).

ONE ATHLETE MUST THEN COMPLETE THE 100M RUNNING LAP AND LET THE LAP JUDGE KNOW THEIR LANE NUMBER AS THEY PASS THEM.

ONCE THE RUNNING LAP IS COMPLETED, PAIRS MUST THEN START A NEW ROUND.

EACH ROUND WILL ALWAYS BEGIN WITH THE WEIGHTED IMPLEMENT THAT IS CLOSEST TO THE START LINE, (I.E. THE ROUND WILL BEGIN WITH THE IMPLEMENT THE PAIR FINISHED THE PREVIOUS ROUND WITH). FOR EXAMPLE, THE PAIR WILL FINISH ROUND 1 WITH THE TYRE FLIPS AND THEN FOLLOWING THE 100M RUNNING LAP, ROUND 2 WILL BEGIN WITH THE TYRE FLIPS FOLLOWED BY THE LOG SLED PULL AND THEN THE 100M RUNNING LAP. SO EACH ROUND, THE ORDER THAT YOU PERFORM THE LOG SLED PULL AND THE TYRE FLIP WILL CHANGE.

PAIRS WILL CONTINUE THIS FOR 20 MINUTES TRYING TO ACHIEVE AS MANY LAPS AS POSSIBLE IN THE ALLOTTED TIME. PLEASE SEE THE NEXT PAGE FOR INFORMATION ON HALF LAPS.

STRENGTH & HONOUR WORKOUT DETAILS

LOG SLED PULL MOVEMENT STANDARDS

- MIXED PAIRS LOG SLED WEIGHT - 95KG
- ATHLETES MUST PERFORM THE LOG SLED PULL IN PAIRS.
- ATHLETES MAY ONLY DRAG THE SLED BY HOLDING ONTO THE LOG, THEY ARE NOT PERMITTED TO CARRY THE SLED (TYRE) OR PULL DIRECTLY FROM THE ROPE AT ANY POINT DURING THE 25M DISTANCE.
- FOR THE LOG SLED PULL, THE ENTIRE SLED (TYRE) MUST FULLY CROSS THE LINE (NOT JUST THE LOG). PARTIAL CROSSING IS NOT PERMITTED. THIS WILL BE CLEARLY MARKED ON THE DAY.

TYRE FLIP MOVEMENT STANDARDS

- MIXED PAIRS - TEAM MATES CAN FLIP THE TYRE TOGETHER OR CHOOSE TO FLIP THE TYRE INDIVIDUALLY.
- PARTIAL TYRE CROSSING THE LINE IS ACCEPTED WHEN COMPLETING YOUR LAPS (I.E. THE WHOLE TYRE DOES NOT NEED TO CROSS THE LINE).
- TYRE WEIGHT - APPROX 170K

LAP STANDARDS

- A **FULL LAP** IS ONLY COMPLETED ONCE THE TEAM COMPLETES A 25M LOG SLED PULL, 25M TYRE FLIPS **AND** ONE MEMBER OF THE TEAM COMPLETES THE 100M RUNNING LAP. IF YOU SIMPLY COMPLETE THE SLED PULL AND THEN THE TYRE FLIPS (AND NOT THE RUNNING LAP), THIS WILL NOT COUNT AS A FULL LAP.
- A **HALF LAP** CAN BE ACHIEVED BY COMPLETING EITHER THE 25M LOG SLED PULL OR 25M TYRE FLIP AS WELL AS THE 100M RUNNING LAP.
- SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE 20 MINUTES, PAIRS CAN MAKE THE DECISION TO GO FOR A HALF LAP. IN ORDER TO ACHIEVE THIS, PAIRS CAN CHOOSE TO COMPLETE EITHER A 25M LOG SLED PULL OR A 25M TYRE FLIP (REGARDLESS OF THEIR POSITION ON THE FIELD) FOLLOWED BY THE 100M RUNNING LAP. WHEN COMPLETING THE 100M RUNNING LAP, PLEASE LET THE LAP JUDGE KNOW YOUR LANE NUMBER AS WELL AS THAT YOU ARE COMPLETING A HALF LAP. THE HEAD JUDGE WILL THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.

BRUTAL BEAT DOWN

IN 20MINS COMPLETE AS MANY LAPS AS POSSIBLE OF:

- 10 SYNCHRONISED KEG GROUND TO OVERHEAD
- 10M SYNCHRONISED KEG WALKING LUNGES
 - 10M WHEELBARROW WALK
 - 10M WHEELBARROW WALK
- 10M SYNCHRONISED KEG WALKING LUNGES
- 10 SYNCHRONISED KEG GROUND TO OVERHEAD
 - 100M RUNNING LAP

**SCORE: TOTAL NUMBER OF COMPLETED LAPS YOU ACHIEVE
IN 20 MINUTES**

WATCH ME HERE

BRUTAL BEAT DOWN WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

ATHLETES WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT) WITH THE KEGS IN FRONT OF THEM.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL PICK UP THEIR KEGS (THIS MUST BE LENGTHWAYS WITH THE KEGS RESTING ON THEIR SIDES) AND PERFORM 10 KEG GROUND TO OVERHEADS, ENSURING THEY ARE EXTENDING THEIR ARMS FULLY AT THE TOP OF EACH REP AND TOUCHING THE KEG ON THE GROUND BEFORE THE NEXT REP.

FOR ALL 'SYNCHRONISED' MOVEMENTS, YOU DO NOT NEED TO BE IN EXACT TIME WITH YOUR PARTNER, HOWEVER, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE PRESCRIBED REPS/DISTANCE OF THE PREVIOUS MOVEMENT.

ONCE ALL GROUND TO OVERHEAD HAVE BEEN COMPLETED, ATHLETES WILL THEN PROCEED TO PLACE THE KEG ON THEIR BACKS AND LUNGE 10M FORWARD, ENSURING YOU ARE TOUCHING YOUR KNEE AT THE BOTTOM OF EACH REP AND STANDING UP FULLY IN BETWEEN. PLEASE SEE ABOVE NOTE ON SYNCHRONISED MOVEMENT STANDARDS AS SAME RULES WILL APPLY.

ONCE BOTH ATHLETES HAVE COMPLETED THE LUNGES, THEY WILL BOTH PLACE THEIR KEGS ON THE GROUND AND MOVE TO THE WHEELBARROW WALK. ONE PARTNER MUST COMPLETE THE FIRST 10M WHEELBARROW WALK AND THE OTHER PARTNER MUST COMPLETE THE SECOND 10M WHEELBARROW WALK. **ONE PERSON CANNOT COMPLETE BOTH.**

FOLLOWING THE SECOND 10M WHEELBARROW WALK, BOTH ATHLETES WILL PICK UP THEIR KEGS AND PROCEED TO LUNGE BACK 10M TO THE START LINE. UPON REACHING THE START LINE, ATHLETES WILL THEN PERFORM ANOTHER 10 GROUND TO OVERHEAD BEFORE ONE PERSON COMPLETES THE 100M RUNNING LAP.

ONCE THE 100M RUNNING LAP IS COMPLETED, PAIRS WILL THEN START A NEW ROUND, STARTING WITH THE GROUND TO OVERHEAD FOLLOWED BY THE LUNGES, THEN THE FIRST 10M WHEELBARROW WALK ETC.

YOUR SCORE IS THE TOTAL NUMBER OF LAPS YOU CAN ACHIEVE IN 20 MINUTES. PLEASE SEE THE NEXT PAGE FOR INFORMATION ON HALF LAPS.

BRUTAL BEAT DOWN WORKOUT DETAILS

KEG GROUND TO OVERHEAD MOVEMENT STANDARDS

- MALE KEG WEIGHT - 20KG
- FEMALE KEG WEIGHT - 15KG
- ATHLETES MUST HOLD THE KEGS HORIZONTALLY (LENGTHWAYS) DURING THE GROUND TO OVERHEAD, YOU ARE NOT PERMITTED TO TREAT THE KEG AS A KETTLEBELL SWING.
- THE KEG MUST BE ON THE GROUND AT THE START OF EACH REP AND YOUR ARMS MUST BE STRAIGHT AT THE TOP OF EACH REP. YOU ARE ALLOWED TO PAUSE AT YOUR SHOULDERS IF YOU WISH. YOU ARE ALLOWED TO GO STRAIGHT FROM OVERHEAD TO THE BACKRACK FOR THE LUNGES AFTER THE 10 GROUND TO OVERHEAD.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR PARTNER AS THIS WILL ALLOW YOU TO GO QUICKER, YOU WILL NOT BE PENALISED FOR BEING OUT OF TIME WITH EACH OTHER. THE WORD 'SYNCHRONISED' REFERS TO THAT PARTICULAR SECTION OF THE WORKOUT, IN OTHER WORDS, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE 10 REPS OF THE GROUND TO OVERHEAD.
- IT IS YOUR RESPONSIBILITY TO COUNT THE 10 REPS, WE RECOMMEND DESIGNATING A REP COUNTER IN YOUR TEAM AND HAVE THEM COUNT THE REPS ALOUD.
- WE WILL ALSO HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS AND PERFORMING THE GROUND TO OVERHEAD CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

KEG WALKING LUNGE MOVEMENT STANDARDS

- ATHLETES MUST HOLD THE KEGS HORIZONTALLY (LENGTHWAYS) DURING THE LUNGE IN THE BACK RACK POSITION, YOU ARE NOT PERMITTED TO CARRY THE KEG ANYWHERE ELSE WHEN LUNGING.
- YOU MUST BEGIN THE LUNGES BEHIND THE START LINE, SO YOU ARE STEPPING OVER THE START LINE FOR YOUR FIRST REP. BOTH FEET NEED TO GO PAST THE FINISH LINE IN ORDER TO COMPLETE THE DISTANCE. ENSURING YOU ARE STEPPING OVER THE 10M LINE.
- YOUR KNEE MUST TOUCH THE GROUND AT THE BOTTOM OF EACH REP AND YOU MUST STAND UP FULLY BEFORE THE NEXT REP. STAYING LOW AND NOT EXTENDING FULLY AT THE TOP OF EACH REP IS NOT ALLOWED AND MAY BE PENALISED.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR PARTNER AS THIS WILL ALLOW YOU TO GO QUICKER, YOU WILL NOT BE PENALISED FOR BEING OUT OF TIME WITH EACH OTHER. THE WORD 'SYNCHRONISED' REFERS TO THAT PARTICULAR SECTION OF THE WORKOUT, IN OTHER WORDS, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL BOTH OF YOU HAVE COMPLETED THE 10 METRES OF WALKING LUNGES.
- IT IS YOUR RESPONSIBILITY TO PERFORM THE MOVEMENTS TO AN ACCEPTABLE STANDARD, HOWEVER, WE WILL HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS & EVERYONE IS LUNGING CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

WHEELBARROW WALK MOVEMENT STANDARDS

- IN EVERY LAP, BOTH ATHLETES MUST EACH PERFORM A 10M WHEELBARROW WALK. **ONE ATHLETE CANNOT PERFORM BOTH LAPS.**
- THE ATHLETE HOLDING THEIR PARTNER'S LEGS CAN HOLD ANY PART OF THE **LEG FROM THE KNEE DOWNWARDS** (TO THE FOOT). ANY ATTEMPT TO ESSENTIALLY CARRY THE PERSON PERFORMING THE WHEELBARROW WALK IN ORDER TO MAKE THE MOVEMENT EASIER FOR THEM IS NOT ALLOWED AND MAY RESULT IN A POINTS DEDUCTION. YOUR ROLE IS TO SUPPORT THE PERSON PERFORMING THE WHEELBARROW WALK RATHER THAN LEAD THE MOVEMENT.
- THE PERSON PERFORMING THE WHEELBARROW WALK MUST SUPPORT THEIR WEIGHT ON THEIR HANDS AT ALL TIMES AND MOVE THEIR HANDS FORWARD AS IF THEY ARE WALKING. YOU CAN REST WITHIN THE 10M IF NEEDED AND BREAK UP THE WHEELBARROW WALK, HOWEVER, NO SLIDING OF ANY KIND IS PERMITTED, IF ANY BODY PART APART FROM YOUR HANDS TOUCHES THE GROUND DURING THE WALKS, YOU MUST STOP.
- THE SPEED YOU GO IS UP TO YOU, HOWEVER, ANY ATTEMPT AT TRYING TO CHEAT THE MOVEMENT STANDARD MAY RESULT IN A LAP DEDUCTION.
- YOUR HANDS MUST START BEHIND THE START LINE AS YOU BEGIN THE WHEELBARROW WALKS AND THE 10M IS COMPLETE ONCE YOUR HANDS HAVE CROSSED THE 10M LINE (I.E. YOUR WHOLE BODY AND/YOUR PARTNER DOES NOT NEED TO CROSS THE LINE). THIS WILL BE CLEARLY MARKED ON THE DAY.

LAP STANDARDS

- A **FULL LAP** IS ONLY COMPLETE WHEN THE PAIR HAVE COMPLETED THE 10 GROUND TO OVERHEAD, 10M WALKING LUNGE, 10M WHEELBARROW WALK UP, 10M WHEELBARROW WALK BACK, 10M WALKING LUNGE, 10 GROUND TO OVERHEAD **AND** ONE TEAM MEMBER COMPLETES THE 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY PERFORMING THE FIRST PART OF THE WORKOUT: THE FIRST SET OF 10 GROUND TO OVERHEAD, THE 10M WALKING LUNGE, ONE 10M WHEELBARROW WALK AND THE 100M RUNNING LAP.
- SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, YOU CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE 10 GROUND 2 OVERHEAD, THE 10M WALKING LUNGE AND THE FIRST 10M WHEELBARROW WALK), ONCE THIS HAS BEEN COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER PARTNER MUST REMAIN AT THE FINISHING POINT OF THE WHEELBARROW WALK UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE (WHEN COMPLETING THE 100M RUNNING LAP, PLEASE LET THE LAP JUDGE KNOW YOUR LANE NUMBER AS WELL AS THAT YOU ARE COMPLETING A HALF LAP).

UNCONVENTIONAL BEAST

IN 20MINS COMPLETE AS MANY
LAPS AS POSSIBLE OF:

- 30M (15/15) FARMER'S CARRY EACH
- 30M (15/15) SANDBAG CARRY EACH
- 30M (15/15) DOUBLE DEADLIFT CARRY TOGETHER
- 100M RUNNING LAP

SCORE: TOTAL NUMBER OF
LAPS YOU ACHIEVE IN 20 MINUTES

WATCH ME HERE

UNCONVENTIONAL BEAST WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

ATHLETES WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT).

FOLLOWING THE SOUND OF 3,2,1 GO!

BOTH MALE AND FEMALE ATHLETES MUST EACH CARRY THEIR SANDBAG & FARMER'S BLOCKS TO THE 15M LINE AS WELL AS CARRYING THE DOUBLE DEADLIFT IMPLEMENT TOGETHER TO THE 15M LINE.

ONCE ALL IMPLEMENTS HAVE BEEN PLACED OVER THE 15M LINE, THE PAIR MUST THEN EACH CARRY THEIR SANDBAG & FARMER'S BLOCKS TO THE START LINE AS WELL AS CARRYING THE DOUBLE DEADLIFT IMPLEMENT TOGETHER BACK TO THE START LINE.

ONCE ALL IMPLEMENTS HAVE BEEN RETURNED TO THE START LINE, ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP.

ONCE COMPLETED, BOTH ATHLETES WILL AGAIN START TO CARRY THE IMPLEMENTS TO THE 15M LINE ETC, CONTINUING THIS PROCESS FOR 20 MINUTES, TRYING TO ACHIEVE AS MANY LAPS AS POSSIBLE. PLEASE SEE THE NEXT PAGE FOR INFORMATION ON HALF LAPS.

UNCONVENTIONAL BEAST WORKOUT DETAILS

MOVEMENT STANDARDS AND WEIGHTS

- SANDBAG WEIGHT - MEN=60K / WOMEN=40K
- FARMER'S CARRY WEIGHT - MEN=25K EACH HAND / WOMEN=15K EACH HAND
- DOUBLE DEADLIFT CARRY WEIGHT - 80KG
- PAIRS CAN CHOOSE TO CARRY THE IMPLEMENTS IN ANY ORDER THEY CHOOSE. HOWEVER, ALL 5 IMPLEMENTS MUST BE PLACED AT THE 15M LINE BEFORE PAIRS BEGIN RETURNING THEM TO THE START LINE.
- ATHLETES CAN CHOOSE TO CARRY THE SANDBAG IN ANY WAY THAT THEY CHOOSE.
- ATHLETES MUST PICK UP THE FARMER'S BLOCKS FROM THE SCAFFOLDING HANDLES. YOU ARE NOT PERMITTED TO PICK THEM UP DIRECTLY FROM THE BLOCKS. ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS WILL BE PENALISED AND MAY RESULT IN A LAP DEDUCTION.
- ATHLETES CAN CHOOSE TO CARRY THE DOUBLE DEADLIFT CARRY IN ANY WAY THAT THEY CHOOSE BUT THEY MUST CARRY IT **TOGETHER**.
- ALL IMPLEMENTS MUST BE CARRIED, NO DRAGGING OF ANY KIND IS PERMITTED. IF SEEN, THIS WILL BE PENALISED AND MAY RESULT IN A LAP DEDUCTION.
- YOU DO NOT NEED TO PERFORM ANY OF THE 15M CARRIES UNBROKEN, I.E. IF YOU NEED TO PUT AN IMPLEMENT DOWN AT ANY POINT, REGRIP AND THEN COMPLETE THE 15M DISTANCE, THAT IS PERMITTED.
- CHALK, GLUE AND GLOVES ARE PERMITTED, LIFTING STRAPS ARE **NOT**.

LAP STANDARDS

- **A FULL LAP** IS ONLY COMPLETE WHEN THE PAIR HAVE EACH COMPLETED A 30M (15/15) SANDBAG CARRY, A 30M (15/15) FARMER'S CARRY AND A 30M (15/15) DOUBLE DEADLIFT CARRY, ALL IMPLEMENTS ARE BACK AT THE START LINE AND THEN ONE MEMBER OF THE TEAM COMPLETES A 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY PARTNERS COMPLETING ALL OF THEIR INDIVIDUAL CARRIES AS WELL AS THE 100M RUNNING LAP. SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, BOTH ATHLETES CAN PERFORM THEIR SANDBAG CARRY & THE FARMER'S CARRY, ONCE COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER PARTNER MUST REMAIN AT THE 15M LINE UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE (WHEN COMPLETING THE 100M RUNNING LAP, PLEASE LET THE LAP JUDGE KNOW YOUR LANE NUMBER AS WELL AS THAT YOU ARE COMPLETING A HALF LAP).

THE ASSAULT COURSE

IN 20MINS:

**COMPLETE AS MANY INDIVIDUAL LAPS OF
THE 600M ASSAULT COURSE AS
POSSIBLE.***

***ONLY ONE ATHLETE CAN WORK AT
ONCE.**

**SCORE: COMBINED NUMBER OF LAPS ACHIEVED BY ALL
TEAMMATES ACROSS THE 20 MINUTES.**

ASSAULT COURSE WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

BOTH ATHLETES WILL BE STANDING ON THEIR LANE NUMBER.

FOLLOWING THE SOUND OF 3,2,1 GO!

ON GO, ATHLETE 1 WILL SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE WHILST ATHLETE 2 WAITS ON THEIR LANE NUMBER. AS SOON AS ATHLETE 1 COMPLETES THE ASSAULT COURSE, THEY CAN TAG ATHLETE 2 IN WHO CAN THEN SET OFF ON THE 600M ASSAULT COURSE. PAIRS CAN CONTINUE THIS PROCESS FOR THE FULL 20 MINUTES, TRYING TO ACCUMULATE AS MANY INDIVIDUAL LAPS AS POSSIBLE.

EACH TIME AN ATHLETE HAS COMPLETED A LAP, THEY MUST THEN GO TO THE LAP JUDGE TO GET THEIR LAP COUNTED, THIS MUST BE DONE AS EACH LAP IS COMPLETED RATHER THAN CUMULATIVELY AT THE END. FAILURE TO DO SO MAY RESULT IN YOUR TOTAL NUMBER OF LAPS NOT BEING COUNTED.

ASSAULT COURSE WORKOUT DETAILS

WORKOUT RULES

- ONLY ONE ATHLETE CAN BE WORKING ON THE ASSAULT COURSE AT ANY ONE TIME. HOWEVER, THE LAPS DO NOT NEED TO BE COMPLETED AS A 'YOU GO I GO' STRUCTURE. I.E. THE SAME ATHLETE CAN PERFORM MULTIPLE LAPS IN A ROW, AS LONG AS THERE IS ONLY EVER ONE TEAM MEMBER WORKING AT ONCE. TEAMS WILL DECIDE THEIR OWN STRATEGY.
- 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 AND WILL BE CLEARLY MARKED ON THE DAY).

MOVEMENT STANDARDS

- AS THE ASSAULT COURSE REQUIRES MULTIPLE DAYS TO SET UP, WE ARE UNABLE TO CURRENTLY SHOW YOU A VIDEO RUN-THROUGH OF THE COURSE. THAT BEING SAID, YOU CAN EXPECT A VARIETY OF HANGING OBSTACLES, CLIMBING OBSTACLES, CRAWLING OBSTACLES AND MORE AS WE TEST YOUR AGILITY, BALANCE, STRENGTH, CARDIO AND OF COURSE MENTAL GRIT! WE WILL RELEASE THE FULL LIST OF OBSTACLES CLOSER TO THE EVENT.

LAP STANDARDS

- **A FULL LAP** IS ONLY COMPLETE WHEN THE INDIVIDUAL HAS COMPLETED THE 600M ASSAULT COURSE AND HAS LET THE LAP JUDGE KNOW THEY HAVE COMPLETED THE LAP. IF YOU DO NOT LET THE LAP JUDGE KNOW IMMEDIATELY AS THE LAP IS COMPLETED, IT MAY NOT BE COUNTED. (IF ATHLETE 1 IS PERFORMING 2 600M LAPS IN A ROW, THEIR PARTNER MUST LET THE LAP JUDGE KNOW EACH TIME ATHLETE 1 COMPLETES A LAP).
- **QUARTER LAPS:** 1/4, 1/2 AND 3/4 LAPS CAN BE ACHIEVED.
- THERE WILL BE 3 POINTS CLEARLY MARKED THROUGHOUT THE ASSAULT COURSE THAT REPRESENT QUARTER LAPS. THE POINT THAT ATHLETES REACH ON THEIR FINAL LAP WILL BE EQUAL TO THE NUMBER OF QUARTER LAPS THEY RECEIVE.
- SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, THERE WILL BE 3 POINTS CLEARLY MARKED ON THE COURSE EACH REPRESENTING A QUARTER OF THE COURSE. THE QUARTER THAT YOU HAVE SUCCESSFULLY COMPLETED ONCE THE 20MINS IS COMPLETED WILL EQUATE TO THE NUMBER OF QUARTER LAPS YOU RECEIVE AS PART OF YOUR TOTAL SCORE.
- ONCE THE 20MIN IS COMPLETED, PLEASE MAKE SURE YOU VERIFY WITH THE CORRECT QUARTER LAP JUDGE TO ENSURE YOU GET THE CORRECT SCORE, IF YOU DO NOT VERIFY IT WITH ANYONE, IT MAY NOT BE COUNTED.