



VO2 MAX - PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE A 1 MILE RUN AND TO CLOCK UP AS MUCH DISTANCE AS POSSIBLE ON A SPIN BIKE. POINTS ARE THEN AWARDED BASED ON TOTAL DISTANCE ACHIEVED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, BOTH ATHLETES WILL COMPLETE A 1 MILE RUN. AS SOON AS ONE OR BOTH ATHLETES ARE HAVE CROSSED THE FINISH LINE HE/SHE/THEY WILL PROCEED TO THE SPIN BIKE CYCLE FOR THE REMAINDER OF THE 20 MINUTES.

CHALLENGE RULES

1. BOTH ATHLETES START ON THE RUN, HOWEVER IF ONE ATHLETE REACHES THE FINISH LINE BEFORE THEIR TEAM MATE, HE/SHE IS PERMITTED TO CONTINUE ONWARD TO THE SPIN BIKE AND TO START HIS/HER CYCLE.



VO2 MAX - INDIVIDUALS

CHALLENGE OBJECTIVE

YOUR OBJECTIVE TO ACHIEVE 1 MILE RUN FOLLOWED BY A SPIN BIKE CYCLE. POINTS ARE AWARDED FOR THE TOTAL DISTANCE ACHIEVED OVER 20 MINUTES.

CHALLENGE DESCRIPTION

ON GO, ATHLETES WILL BEGIN THEIR 1 MILE RUN. ONCE THE ATHLETE HAS COMPLETED THE MILE AND PASSED THE FINISH LINE, HE/SHE WILL PROCEED TO THE SPIN BIKE CYCLE FOR THE REMAINDER OF THE CHALLENGE.



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' 30 M WHILST ALSO BRINGING ALONG THEIR ROPE FOR THE 'CAR TYRE' DRAGS. ONCE THE 'TRACTOR TYRE' CROSSES THE 30M LINE, ATHLETES WILL THEN USE THE ROPE TO DRAG THE WEIGHTED 'CAR TYRE' TO THE 30M LINE (ATHLETES CAN CHOOSE TO DO THIS IN A SEATED OR STANDING POSITION). ONCE THE 'CAR TYRE' HAS CROSSED THE 30M LINE YOUR TEAM IS AWARDED ONE LAP. ATHLETES FOLLOW THE SAME PROCESS BACK TO THE START LINE.

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 IN ORDER TO BE AWARDED A LAP
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



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 TO THE 30M LINE WHILST ALSO BRINGING THE TYRE DRAG ROPE ALONE WITH YOU. ONCE YOUR TEAM HAS COMPLETED 30M OF TRACTOR TYRE FLIPS, ATHLETES MUST THEN USE THE ROPE TO DRAG THE WEIGHTED CAR TYRE FROM THE START LINE TO THE 30M LINE. (ATHLETES CAN CHOOSE TO DO THIS IN A SEATED OR STANDING POSITION). ONCE BOTH THE TRACTOR TYRE AND THE WEIGHTED CAR TYRE HAVE CROSSED THE LINE FULLY, YOUR TEAM WILL BE 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 IN ORDER TO BE AWARDED A LAP
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



STRENGTH & HONOUR - MALE INDIVIDUALS

CHALLENGE OBJECTIVE

YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 30M 'TRACTOR TYRE' FLIPS & 30M OF 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 TO THE 30M LINE WHILST ALSO BRINGING THE TYRE DRAG ROPE ALONE WITH YOU. ONCE YOU HAVE COMPLETED 30M OF TRACTOR TYRE FLIPS, ATHLETES MUST THEN USE THE ROPE TO DRAG THE WEIGHTED CAR TYRE FROM THE START LINE TO THE 30M LINE. (ATHLETES CAN CHOOSE TO DO THIS IN A SEATED OR STANDING POSITION). ONCE BOTH THE TRACTOR TYRE AND THE WEIGHTED CAR TYRE HAVE CROSSED THE LINE FULLY, YOU WILL BE AWARDED ONE LAP.

CHALLENGE RULES

1. TRACTOR TYRES AND CAR TYRES MUST BE FULLY OVER THE LINE 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 HALFWAY LINE.

WEIGHTS

TRACTOR TYRE - APPROX 160KG

TYRE DRAGS - MALE 50KG / FEMALE 30KG



STRENGTH & HONOUR - FEMALE INDIVIDUALS

CHALLENGE OBJECTIVE

YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 30M KEG OVERHEAD LUNGES AND 30M OF WEIGHTED 'CAR TYRE' DRAGS. POINTS ARE AWARDED BASED ON THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION

ON GO, ATHLETES WILL PICK UP THEIR KEGS AND COMPLETE 30M OF KEG OVERHEAD LUNGES (15M FORWARD, TURN, AND 15M BACK TO THE START LINE). ATHLETES WILL THEN USE THE ROPE PROVIDED TO DRAG THE WEIGHTED CAR TYRE 30M (15M DRAG TOWARDS YOU, PICK UP ROPE, RUN TO 15M LINE AND DRAG TYRE ANOTHER 15M TOWARDS YOU) ONCE THE FULL 30M KEG OVERHEAD AND 30M TYRE DRAGS HAS BEEN COMPLETED YOU WILL BE AWARDED ONE LAP. THIS PROCESS WILL CONTINUE FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. YOU MUST FULLY CROSS THE 15M LINE AT EACH END WHEN PERFORMING THE KEG OVERHEAD LUNGES
2. THE TYRE MUST FULLY CROSS THE 15M LINE AT EACH END WHEN PERFORMING THE TYRE DRAGS
3. TYRE DRAG STANDARDS - YOU CAN CHOOSE TO DRAG THE TYRE FROM A STANDING OR SEATED POSITION
4. KEG OVERHEAD STANDARDS - YOU KNEE MUST TOUCH THE FLOOR ON EVERY LUNGE AND THE KEG MUST BE OVERHEAD AT ALL TIMES (I.E YOU CANNOT REST THE KEG ON YOUR HEAD)

WEIGHTS

TRACTOR TYRE - APPROX 160KG

KEG - 10KG



UNCONVENTIONAL BEAST - PAIRS

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

CHALLENGE DESCRIPTION - ON GO, FROM THE START LINE ATHLETE 1 WILL RUN TO THE 20M LINE, COLLECT OBJECT ONE AND CARRY IT BACK TO THE START LINE, HE/SHE WILL THEN DO THE SAME FOR OBJECT 2 & OBJECT 3. ONCE ALL 3 OBJECTS ARE BEHIND THE START LINE, ONE LAP IS AWARDED. ATHLETE 2 WILL THEN PROCEED TO RETURN THE OBJECTS ONE BY ONE BACK TO THEIR ORIGINAL POSITION. I.E CARRY OBJECT 1 TO ORIGINAL POSITION, RETURN FOR OBJECT 2, RETURN FOR OBJECT 3 AND THEN RUN BACK TO THE START LINE TO BE AWARDED ANOTHER LAP. THIS PROCESS WILL CONTINUE FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. THIS CHALLENGE MUST BE COMPLETED LAP FOR LAP I.E ATHLETES CANNOT COMPLETE MULTIPLE LAPS. (ANY
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.
4. ALL OBJECTS MUST PASS THE START/FINISH LINES COMPLETELY IN ORDER TO BE AWARDED A LAP
5. AT THE END OF THE CHALLENGE ONLY FULL LAPS WILL COUNT TOWARDS YOUR TEAM SCORE

WEIGHTS

KEG - MALE = 50KG / FEMALE = 35KG

LOG - MALE = 55KG / FEMALE = 30KG

SANDBAG - MALE = 40KG / FEMALE = 20KG



UNCONVENTIONAL BEAST - INDIVIDUALS

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

CHALLENGE DESCRIPTION - ON GO, FROM THE START LINE ATHLETES WILL RUN TO THE 20M LINE, COLLECT OBJECT ONE AND CARRY IT BACK TO THE START LINE, HE/SHE WILL THEN DO THE SAME FOR OBJECT 2 & OBJECT 3. ONCE ALL 3 OBJECTS ARE BEHIND THE START LINE, ONE LAP IS AWARDED.

ATHLETES WILL THEN PROCEED TO RETURN THE OBJECTS ONE BY ONE BACK TO THEIR ORIGINAL POSITION. I.E CARRY OBJECT 1 TO ORIGINAL POSITION, RETURN FOR OBJECT 2, RETURN FOR OBJECT 3 AND THEN RUN BACK TO THE START LINE TO BE AWARDED ANOTHER LAP. 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. AT THE END, HALF LAPS DO NOT COUNT TOWARDS YOUR FINAL SCORE

WEIGHTS

KEG - MALE = 50KG / FEMALE = 35KG

LOG - MALE = 55KG / FEMALE = 30KG

SANDBAG - MALE = 40KG / FEMALE = 20KG



BRUTAL BEAT DOWN - PAIRS

CHALLENGE OBJECTIVE - YOUR TEAM OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 40M WEIGHTED SLAM BALL THROWS & 10X DEADLIFTS (NOTE: ON THE DEADLIFTS YOU WILL BE USING A SOLID, THICK POLE AND CONCRETE BLOCKS, NOT A BARBELL!) POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, AS A TEAM YOU MUST COMPLETE 40M SLAM BALL THROW (FORWARD TO THE 20M, TURN AND 20M BACK TO THE START LINE) AND THEN 10X DEADLIFTS (TO STANDARDS) TO RECEIVE 1 LAP. THIS PROCESS WILL CONTINUE FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. TEAMS CAN CHOOSE TO DIVIDE SLAM BALL THROW AND DEADLIFT REPS BETWEEN THEM HOWEVER THEY WISH.
2. THE SLAM BALL MUST FULLY PASS THE 20M 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.
5. SLAM BALL THROW STANDARDS - ATHLETES MUST NOT TRAVEL FORWARD WITH THE BALL, DISTANCE CAN ONLY BE ACHIEVED THROUGH THROWS FROM A STANDING POSITION RATHER THAN AN ATHLETE WALKING/RUNNING OR STEPPING FORWARD WITH THE BALL.

WEIGHTS

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

SLAM BALL THROWS - MALE = 35KG / FEMALE = 20KG



BRUTAL BEAT DOWN - INDIVIDUALS

CHALLENGE OBJECTIVE - - YOUR OBJECTIVE IS TO ACHIEVE AS MANY LAPS AS POSSIBLE OF 40M WEIGHTED SLAM BALL THROWS & 10X DEADLIFTS (**NOTE: ON THE DEADLIFTS YOU WILL BE USING A SOLID, THICK POLE AND CONCRETE BLOCKS, NOT A BARBELL**) POINTS ARE THEN AWARDED FOR THE AMOUNT OF LAPS COMPLETED OVER 20 MINUTES.

CHALLENGE DESCRIPTION - ON GO, ATHLETES WILL THROW A WEIGHTED SLAM BALL FORWARD TO THE 20M LINE, AND THEN 20M BACK TO THE START LINE. ONCE THE SLAM BALL IS RETURNED TO THE START LINE, ATHLETES MUST THEN PERFORM 10X DEADLIFTS TO RECEIVE 1 LAP. POINTS ARE AWARDED PER LAP AND THIS PROCESS CONTINUES FOR THE FULL 20 MINUTES.

CHALLENGE RULES

1. THE SLAM BALL MUST FULLY PASS THE 20M 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.
5. SLAM BALL THROW STANDARDS - ATHLETES MUST NOT TRAVEL FORWARD WITH THE BALL, DISTANCE CAN ONLY BE ACHIEVED THROUGH THROWS FROM A STANDING POSITION RATHER THAN AN ATHLETE WALKING/RUNNING OR STEPPING FORWARD WITH THE BALL.

WEIGHTS

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

SLAM BALL THROWS - MALE = 35KG / FEMALE = 20KG