



Movement Standards

Note there are scaled options for all prescribed weights in each workout.

DEADBALL RUN

Dead ball is lifted and held in front of the chest with elbows bent while walk, jogging, or running. Dead ball cannot be held on either side of the shoulder.

STAIR BOUNDS

Standing with a hip width stance jump with two feet and land on the stair above with two feet simultaneously, continue this for 3 steps and return to the bottom.

HANDS OFF PUSHUPS

Begin at the top of a traditional Push-Up position, with your hands on the ground slightly wider than shoulder width.

Your body should be in a straight line from your head to your feet. Your butt should not be too high or too low.

Lower yourself to the floor, keeping your elbows close to your body.

Once your chest is firmly on the ground, release your hands from the floor and pull them toward the ceiling.

Place your hands back in the correct position and use the same form you came down with to push yourself back to the starting position, focusing on keeping your core tight and your body in a straight line.



PUSH PRESS

The bar must travel from the front rack position on the shoulders to a locked out overhead position with elbows, knees and hips fully extended and feet in line with each other. Bend the knees and hips to reach a quarter squat, and without pausing at the bottom extend the hips and knees.

SUMO HIGH PULL

Place feet in a sumo stance with a close on the bar. Deadlift the bar by extending the hips and continue to pull the bar with a upright row keeping elbows high until it passes above the collar bone. Bar stays close to body. Return by straightening the arms and deadlifting the bar back to the floor.

FRONT SQUATS

In the front squat, the barbell must be held in the front rack position. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.

KB SWINGS

Both hands on the handle of the kettlebell. The bell is swung back between the legs, passing behind the line of the knee. The finish position is with the shoulders locked out over head, with the bell vertically over the feet.



WALL BALL

The wall ball shot starts with the athlete standing and the medicine ball grasped in both hands at chest height. The athlete then squats down, achieving the bottom of the squat with the hip crease below the top of the patella. The athlete then extends the hips, throwing the medicine ball at the target. The ball must make contact with any part of the target for the rep to count. If the ball does not hit the target, the rep is not counted.

SUICIDE SHUTTLE RUN

Run out touch the first cone, run back to the start line, run out touch the second cone, run back to the start line, run out touch the third cone, run back to the start line.

50M SWIM

Starting in the pool swim any desired stroke up and back touching the wall at the 25m mark.

DEADBALL GROUND TO SHOULDER

Starting in a squat position with arms straight lift the ball to the thighs then lift onto the shoulder while fully extending the hips, when hips are fully extended the ball goes over the shoulder.



BOX JUMPS

The athlete must jump off the ground with two feet and land with two feet on top of the box. After landing athletes must stand and show control on top of the box with knees and hips fully extended. Athletes can jump or step down from the top position.

THRUSTERS

The movement begins from a standing position with the bar racked in the front rack position on the shoulders. Perform a front squat, ensuring that full depth is reached, the crease of your hip is below the top of your knee. Stand from the squat, push the bar overhead, ending with the arms locked out overhead with elbows, knees and hips fully extended and feet in line with each other.

BURPEES OVER BAR

Chest and hips must simultaneously make contact with the floor at the bottom position. The palms of the hands must be lifted off the floor then returned to the floor before lifting the body off the floor. To finish the rep the athlete must take off with two feet from the floor and touch the clap overhead. Jump with both feet horizontally over the bar to the other side and repeat.

SAND BAG SHUTTLE

Pick up the sandbag and run up and back with the sand bag on either shoulder or upper back and return it to the line.



BURPEES

Chest and hips must simultaneously make contact with the floor at the bottom position. The palms of the hands must be lifted off the floor then returned to the floor before lifting the body off the floor. To finish the rep the athlete must take off with two feet from the floor and touch the clap overhead.

ABMAT SITUPS

Starting seated with knees out, legs bent and your arms straight and hands over head, the abmat will be behind your lumbar spine and shoulder blades touching ground, contract the abdominals and come forward and touch the group in front of your feet.

SKIPS

This is the standard skip in which the skipping rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

WEIGHT PLATE CARRY

Grab 2 X plate weights and walk the required distance.



50M SWIM – KICK BOARD

Starting in the pool swim holding a kickboard with straight arms up and back touching the wall at the 25m mark, hands must be holding the board the whole time no swimming with the arms.

SANDBAG GROUND TO OVERHEAD

Starting in a squat position with arms straight lift the sand bag over head, when hips are fully extended and the bag is locked out overhead the rep is counted.

OVERHEAD PLATE LUNGES

Press plate over your head. Your hands should be in line with your shoulders, hips and the heel. Your feet should be at hip width. Lunge forward with one leg. Shin is vertical and that the knee does not go over your foot. At the bottom position, your back knee should touch the ground and remain in line with your shoulder and hand. Push off the front foot and return to the standing position. That is one rep.