

Hybrid Movement Standards/Rules

Workout 1- Carry the Boats

Rowing machine:

- The damper can be set to the desired level.

Burpee Broad Jumps:

- Chest and hips must touch the floor.
- After the jump your hands must be placed on the floor within 30cm of where the feet landed.
- You must jump over the end line to complete the length.

Sled Push:

- The sled must stay within the lane.
- You must push the sled over the line to complete full length.
- Weight is 100kg (including sled).

Sandbag lunges:

- The back knee must touch the floor.
- Sandbag must be held on your back.
- 20kg for men, 15kg for women.

Workout 2- 2k Buy In

Ski:

- The damper can be adjusted to the desired level.
- The feet must not leave the ground (jump) during the pulldown.
- Feet must be on the ski stand.

Wall balls:

- Full depth must be hit, with a 90-degree bend of the knees.
- The ball must hit the target.
- 6kg ball for women and 9kg ball for men.

American KB swings:

- At the top of the movement the kettlebell must be fully inverted straight above the head, arms locked out in line with torso with full hip extension.
- 10kg for women, 20kg for men.

Butterfly Sit Ups:

- Soles of the feet together.
- Your hands must touch the feet or ground in front of the feet and then touch the floor behind your head.

Workout 3- Spin and Swap

Bike:

- The bike must be on the lowest setting for the seat and handlebar height and the resistance at the start of the workout; participants set up cycling positions during the workout.
- The resistance can be set to the desired level

Workout 4- Barbell Bank

Deadlift:

- Lifting belts can be used.
- Straps are **not** permitted.
- Shoes must be worn at all times.
- The bar must be empty at the start of the workout.
- The bar must be loaded by the team members, with no assistance from supporters/volunteers.
- The lift must be a continuous upward movement, no resting on the body on the way up.
- The rep is only counted if full lock out is achieved, straight knees, extended hips, shoulders retracted.
- Touch and go reps are allowed, however if the bar is bounced off the floor, this rep will not be counted.
- Conventional deadlifting only (no sumo stance deadlifts are permitted)

Workout 5- Synchro Sprints

Burpees:

- Chest and hips must touch the floor at the same time for all team members.
- A jump must be performed when you stand up.

Box jump overs:

- Participants must take off and land on 2 feet.
- You must jump on from one side of the box and land on the opposite side.
- Using a 20 inch height box.

Box step overs:

- Participants must step 2 feet onto the top of the box.
- You must step on from one side and step down (not jump down) to the opposite side of the box.
- Using a 20 inch box.

Snatches:

- Performed with a single dumbbell.
- At least one DB head must touch the floor for every rep.
- At the top of the rep there must be full extension of the knees and hips, with a straight arm directly above the head.
- This does not have to be alternating; reps can all be performed using the same arm.
- 10kg for women, 17.5kg for men.

Run:

- Always 2 people running at once.
- Participants must go around the cone for the lap to be counted.
- The next lap cannot start until both team members are back from the previous lap.
- The team can swap the runners as much or little as they please, however a full lap must be completed before they swap the runners.