

STRIVE

TECHNICAL BRIEFING

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EVERYONE WILL COMPLETE WORKOUTS
1-3. THE TEAMS WITH THE HIGHEST
COMBINED SCORES FROM ALL 3 EVENTS
WILL EARN THEIR SPACE IN THE FINAL.

THE FINAL IS A RACE, FIRST TO CROSS THE
FINISH LINE WINS.

FORDERS

WORKOUT 1

THE ENGINE ROOM

TOTAL WORKOUT TIME:

18 MINUTES

OBJECTIVE:

MAX CALORIES ON SKI-ERG, ROW-ERG AND A-BIKE.

THE ENGINE ROOM IS AN 18 MINUTE ROLLING CLOCK SPLIT UP INTO 3 X 6 MINUTE ROUNDS. EACH ROUND BEGINS WITH A 250M SPRINT (1 LAP), FOLLOWED BY TEAM MAX CALORIES ON THE SKI-ERG, ROW-ERG AND A-BIKE FOR THE REMAINING TIME.

WHEN THE CLOCK REACHES MINUTE 6, TEAMS WILL GO STRAIGHT INTO A 250M SPRINT, THIS IS THE BEGINNING OF ROUND 2. THIS PROCESS WILL BE REPEATED UNTIL 3 FULL ROUNDS HAVE BEEN COMPLETED.

YOU WILL BE SCORED OFF THE COMBINED CALORIES FROM ALL THREE MACHINES ACROSS ALL 3 ROUNDS.

RULES:

- ALL 6 MEMBERS MUST COMPLETE EACH RUN BUT DO NOT HAVE TO STAY TOGETHER.
- UPON ENTERING THE CAVE, YOU MUST ENTER THROUGH THE CHANNEL ON THE LEFT.
- ONLY 1 TEAM MEMBER NEEDS TO BE BACK TO START ACCUMULATING CALORIES.
- TEAMS CAN SPLIT THE CALORIES HOWEVER THEY CHOOSE, HOWEVER OFTEN THEY CHOOSE TO SWAP AROUND.
- THE DAMPER SETTINGS ON THE SKI-ERG AND ROW-ERG CAN BE CHANGED AS OFTEN AS THE TEAM CHOOSES.
- THE HANDLES FOR THE SKI-ERG AND ROW-ERG CAN BE PASSED HOWEVER THE TEAM CHOOSES.
- TEAM MEMBER ON THE SKI-ERG MUST HAVE FEET PLACED ON THE PLATFORM.
- TEAM MEMBER ON THE ROW-ERG MUST BE SAT ON THE SEAT OF THE ROW.
- SCREENS CANNOT BE TAMPERED WITH, JUDGES ARE IN CHARGE OF THIS.

WORKOUT 2

THE EQUALISER

TOTAL WORKOUT TIME:

15 MINUTES

OBJECTIVE:

MAX REPETITIONS ON SANDBAG WALKING LUNGES, WALL BALLS AND RAM BURPEES.

WITHIN THIS WORKOUT, YOUR TEAM OF 6 NEEDS TO BE SPLIT INTO 3 PAIRS.

THE EQUALISER IS A 15 MINUTE WORKOUT SPLIT INTO 3 ROUNDS. A 7 MINUTE ROUND FOLLOWED BY 2 X 4 MINUTE ROUNDS. ROUND 1 (7 MINUTES) BEGINS WITH A 750M RUN (3 LAPS) AS YOUR "BUY IN" TO THE WORKOUT. WHEN YOU HAVE COMPLETED THE 750M BUY IN, EACH PAIR WILL HEAD TO A ZONE;

ZONE 1 - SANDBAG WALKING LUNGES

ZONE 2 - WALL BALLS

ZONE 3 - RAM BURPEES

IN THESE ZONES, YOUR OBJECTIVE IS TO ACCUMULATE AS MANY REPETITIONS AS POSSIBLE FOR THE REMAINING TIME OF THE ROUND. AT THE END OF THE ROUND YOU WILL HAVE 30 SECONDS BEFORE THE NEXT ROUND BEGINS. WITHIN THESE 30 SECONDS EACH PAIR MUST ROTATE TO THEIR NEXT ZONE. IF YOU ARE IN ZONE 1, YOU MUST GO TO ZONE 2, ZONE 2 GOES TO ZONE 3 AND ZONE 3 GOES TO ZONE 1. ROUND 2 AND 3 ARE 4 MINUTE ROUNDS.

THE WORKOUT IS COMPLETE WHEN ALL 3 ROUNDS HAVE BEEN COMPLETED BY ALL 3 PAIRS.

RULES:

- ALL 6 TEAMS MEMBERS MUST COMPLETE THE 750M RUN
- EACH PAIR WITHIN YOUR TEAM MUST COMPLETE 1 ROUND OF EACH EXERCISE
- YOU DO NOT HAVE TO RUN AS A TEAM
- WHEN YOU HAVE COMPLETED 750M RUN, YOU CAN BEGIN YOUR REPETITIONS IMMEDIATELY.

MOVEMENT STANDARDS

SANDBAG WALKING LUNGES

- MALE WEIGHT: 40KG
- FEMALE/MIXED WEIGHT: 30KG
- BACK KNEE MUST TOUCH THE FLOOR
- HIPS AND KNEE MUST BE FULLY EXTENDED AT THE TOP OF THE MOVEMENT
- SANDBAG MUST BE PLACED ON EITHER BOTH OR ONE SHOULDER, MUST NOT BE HELD IN FRONT OR BY YOUR SIDE
- YOU MUST NOT USE YOUR HANDS TO PUSH OFF YOUR LEG
- PAIRS CAN SWAP AT ANY TIME THEY CHOOSE

WALL BALLS

- FEMALE/MIXED WEIGHT: 6KG
- MALE WEIGHT: 9KG
- PAIRS CAN SWAP WHENEVER THEY CHOOSE
- THE REP MUST BEGIN WITH A SQUAT, NOT A THROW
- FEMALE TARGET: BOTTOM
- MALE TARGET: TOP
- THIGH MUST BE PARALLEL TO THE FLOOR TO MEET THE REQUIRED DEPTH
- WALL BALLS CAN BE PASSED IN ANY WAY

RAM BURPEES

- MALE WEIGHT: 44 LB
- FEMALE WEIGHT: 22LB
- MIXED PAIRS WILL USE THE WEIGHT DESIGNATED TO THEIR GENDER E.G MEN WILL USE 44LB, WOMEN WILL USE 22LB
- THE REP MUST BEGIN FROM STANDING UP
- CHEST MUST MAKE CONTACT WITH THE RAM ON THE FLOOR
- ELBOWS DO NOT HAVE TO BE FULLY EXTENDED AT THE TOP
- THE RAM MUST GO ABOVE HEAD HEIGHT
- HIPS AND KNEES HAVE TO BE EXTENDED WHEN STANDING FOR THE REP TO BE COMPLETE
- IF THESE STANDARDS ARE NOT MET, YOUR JUDGE WILL GIVE YOU A "NO REP" AND ADVISE YOU WHY
- RAMS CAN BE PASSED TO THEIR PARTNER AT ANY POINT, IN ANY FASHION

WORKOUT 3

THE RELAY

TOTAL WORKOUT TIME:

NO TIME LIMIT

OBJECTIVE:

ALL 6 MEMBERS COMPLETE 2 X 250M SPRINTS AS FAST AS POSSIBLE.

EACH TEAM MEMBER WILL COMPLETE 1 X 250M SPRINT IN A RELAY FASHION WITH A BATON, TWICE. THE WORKOUT WILL BE COMPLETE WHEN ALL 6 TEAM MEMBERS HAVE COMPLETED THEIR 2 SPRINTS. THE FINAL RUNNER OF YOUR TEAM WILL BE GIVEN AN ARM BAND BEFORE THE RACE BEGINS. THIS ALLOWS US TO CLEARLY IDENTIFY WHO IN YOUR TEAM IS THE LAST TO CROSS THE LINE. YOU WILL WAIT IN A DESIGNATED HOLDING PEN UNLESS YOU ARE THE NEXT RUNNER IN LINE, IN WHICH YOU WILL WAIT IN THE BATON EXCHANGE AREA.

WHEN YOUR FINAL RUNNER CROSSES THE LINE, YOUR COMPLETION TIME WILL BE RECORDED. YOUR FINAL RUNNER MUST ALSO COLLECT A "PLACE CARD" SO THAT WE CAN CONFIRM YOUR TEAMS PLACEMENT WITHIN YOUR WAVE.

YOUR TIME WILL BE RANKED AGAINST EVERY TIME WITHIN YOUR CATEGORY, NOT YOUR WAVE.

RULES:

- BATONS MUST BE EXCHANGED IN THE DESIGNATED BATON EXCHANGE AREA
- ONLY 1 RUNNER AT A TIME
- ALL 6 TEAM MEMBERS MUST COMPLETE 2 X 250M LAPS

WORKOUT 4

THE FINAL

THE FINAL WILL BE REVEALED ON THE DAY OF THE EVENT.

GOOD LUCK.

FORDERS