



# IFBB SPEEDFIT FITNESS CHALLENGE

RULES. June 2023.

# Introduction

- The IFBB Fitness Challenge (Speedfit) is a dynamic sport that involves a circuit with six stations of strength exercises. Athletes aim to achieve the highest number of repetitions within a two-minute timeframe.
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- Categories are established to allow athletes to compete against one another, showcasing their maximum physical performance.
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- This sport is dedicated to athletes who prioritize muscle performance rather than focusing solely on muscle size or body fat percentage.
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- Key factors emphasized in the IFBB Fitness Challenge (Speedfit) include
  - promoting a healthy lifestyle,
  - encouraging outstanding physical performance,
  - providing opportunities for participants of various age groups,
  - fostering personal satisfaction,
- and harnessing the energy of a balanced body

# Categories

- Individual Categories by Age and Gender:
  - Men's Fitness Challenge (athletes between the age of 24 and 40)
  - Women's Fitness Challenge (athletes between the age of 24 and 35)
  - Junior Men's Fitness Challenge (athletes under 23 years old)
  - Junior Women's Fitness Challenge
  - Master Men's Fitness Challenge (athletes +40 years)
  - Master Women's Fitness Challenge (athletes + 35 years)
- Categories of couples and teams.
  - Couples Fitness Challenge (same-sex M/F couples and mixed couples)
  - Team Fitness Challenge (team of 6 athletes of the same sex or mixed)
- Categories by execution and performance levels:
  - Gold Level
  - Silver Level
  - Bronze Level
  - Speed Fitness Challenge
- In the Individual, Couples, and Teams categories, competitions may be organized into Gold and Silver circuits, depending on the offerings of the event organizer. The choice of circuits provided by the organizer will be determined based on the competition's level.

# OUTFIT AND SKIN

- Unlike the Bodybuilding and Fitness categories, the Fitness Challenge does not include a physique presentation. Athletes participating in the Fitness Challenge are not judged based on their muscular appearance. Therefore, they are permitted to wear sportswear that covers the torso and legs during the competition.
- Athletes have the freedom to choose their attire, which can include tracksuits, T-shirts with shorts, or any suitable combination. It is mandatory for athletes to wear sports shoes during the competition. However, wristbands are not allowed, and knee bands should have a thickness similar to regular fabric (around 5 mm).
- In general, athletes are allowed to use gear that enhances safety and comfort but does not provide a competitive advantage. It is important to note that athletes must not wear, use, or display any apparel, equipment, accessories, symbols, art, graphics, or other items that have not been pre-approved by the Head Judge.
- The use of bronze cream for tanning and oils is not permitted in the Fitness Challenge.

# METHODOLOGY and CRITERIA OF ARBITRATION AND SCORING

- The FITNESS CHALLENGE competition is conducted as follows:
- INDIVIDUAL COMPETITION:
  - 1) The competition consists of a line with six stations, where each station involves a different exercise.
  - 2) Within each station, athletes aim to complete as many repetitions as possible within a time frame of 2 minutes. Athletes have the option to pause and resume the exercise within this time limit.
  - 3) Athletes begin at station number 1 and sequentially progress to the next station, following a numerical order until all six exercises in the circuit are completed.
  - 4) All athletes transition to the next station simultaneously, with a 2-minute rest period allocated for station changes and preparation for the upcoming exercise.
  - 5) Up to six athletes compete simultaneously, each assigned to a specific station. A judge supervises and ensures the correct execution of the exercise, while also recording the number of repetitions performed.
  - 6) At the next station, a judge awaits the athlete, monitoring proper execution and recording repetitions on a control sheet carried by the athlete.
  - 7) The time allotted for each station is 2 minutes for exercise performance and 2 minutes for station changes. All athletes commence the next exercise simultaneously.
  - 8) Athletes complete all six exercises and must perform them accurately, adhering to the specified regulations.
  - 9) The total duration of the competition is 22 minutes for each athlete (2 minutes for exercise performance + 2 minutes for station changes and recovery, multiplied by six stations).
  - 10) Once an athlete completes all six exercises, they finish and exit the line.
  - 11) Athletes are ranked based on the sum of repetitions achieved across the six exercises in the circuit.
- In the INDIVIDUAL COMPETITION, athletes' rankings are determined by the total number of repetitions completed throughout the circuit.

# ATHLETE'S ROLE

- The athlete will always follow the technical indications of the judge arbitrator
- The athlete will perform as many repetitions of the exercise as possible at each station.
- The athlete will accept any repetitions that the judge/arbitrator deems valid.
- The athlete must respect the start of each exercise and interrupt it within 2 You can discontinue replays, but you won't do any beyond this time
- The athlete will move to the next station at the end of the 2. It will be positioned to start the next exercise when directed by the Center Judge or the Judge / Timekeeper.
- At the end of the six stations, the athlete will leave the competition venue.

*Cipri Anca*

VIDEOGRAPHY | PHOTOGRAPHY

# Yellow or red card

- If a competitor engages in any form of insult, complaint, or immoral behavior during a competition, the head judge has the authority to issue penalties in the form of yellow cards or red cards. These cards serve as warnings or disciplinary actions to maintain fair play and sportsmanship. Here's an explanation of how the yellow and red card system typically works:
- **Yellow Card:** A yellow card is a cautionary measure given to a competitor as a warning for their inappropriate behavior. It indicates that the competitor has violated the rules or displayed unsportsmanlike conduct. The yellow card serves as a reminder to the competitor that their behavior is unacceptable, and if it continues, further penalties may be imposed.
- **Red Card:** A red card is a more severe penalty compared to a yellow card. It is issued when a competitor's behavior persists or escalates despite receiving a yellow card. The red card signifies a significant violation of the rules or an act of extreme misconduct. It results in immediate disqualification from the competition and may carry additional consequences, such as suspension or banning from future events.
- The decision to issue a yellow or red card lies with the head judge or the competition officials who have the authority to enforce the rules and maintain fairness and integrity. The purpose of these penalties is to ensure that competitors adhere to a code of conduct that promotes respect, ethical behavior, and a positive competitive environment.
- It's important for competitors to understand and abide by the rules and regulations of the competition, as well as demonstrate good sportsmanship throughout their participation.

# JUDGE'S ROLE

- In each circuit, there will be six judges/arbitrators, one assigned to each station
- It is equipped with a board and forms and a pen to write.
- The judge counts the valid repetitions each athlete performs with a loud voice for the athlete to hear at their station during counting.
- Valid repetitions are those that the judge considers; those that it invalidates are null, and only valid repetitions are added.
- The judge/arbitrator controls the start and end of the exercise by following the orders of the central judge or judge/ timekeeper marking the time intervals.
- The judge waits for the next athlete to arrive at his/her station and accompanies during the 2-min break and position for the start of the exercise.



**UNIFORM**



# Role of the head judge

- The head judge manages the competition, managing the timer and instructing the judges, and collaborating with them on technical matters
- He may delegate a judge to control the partial and total timings
- The central judge (or someone appointed by him) collects the control sheet from each athlete at the end of the 6. He signs the control sheets for each athlete, couple, or team and sends them to record.
- Central Judge must appoint a person to collect sheets of athletes after every station finishes and bring them to a statistician for recording.
- THE ROLES OF ATHLETE, JUDGE, AND CENTRAL JUDGE WILL BE THE SAME IN THE DIFFERENT MODALITIES OF INDIVIDUAL COMPETITION-COUPLES OR TEAMS OF 6.

# Individual Fitness Challenge rounds

- 1) If there are more than 150 competitors:
  - a. Round 1 (Preliminary): Conducted with 3 stations and separate lines, involving exercises like pull-ups, walking lunges, and sit-ups. This initial round helps filter and select the best 50 competitors for the semifinals.
  - b. Round 2 (Semifinal): Involves 4 stations, including exercises like pull-ups, box jumps, weighted sit-ups, and devil press. The top 12 competitors from this round advance to the finals.
  - c. Round 3 (Final): Features all 6 stations, with exercises like pull-ups, box jumps, dips, walking lunges, weighted sit-ups, and devil press. This round determines the ultimate winner.
- 2) If there are less than 150 competitors:
  - a. Round 1 (Preliminary): Not applicable.
  - b. Round 2 (Semifinal): Conducted with 4 stations, including exercises like pull-ups, box jumps, weighted sit-ups, and devil press. Competitors compete in 2-3 different lines, and the top 12 move on to the finals.
  - c. Round 3 (Final): Consists of all 6 stations, similar to the previous case, determining the winner.
- 3) If there are less than 20 competitors:
  - a. Round 1 (Preliminary): Not applicable.
  - b. Round 2 (Semifinal): Not applicable.
  - c. Round 3 (Final): Conducted with all 6 stations, including exercises like pull-ups, box jumps, dips, walking lunges, weighted sit-ups, and devil press. The winner is determined in this round.



# Speed Fitness Challenge

- Preliminary rounds
  - IFBB SpeedFIT
1. Preliminary Round:
    - Athletes compete in four separate lines, with each line having four stations.
    - The goal is to complete 30 repetitions correctly and in the shortest time at each station.
    - Athletes who successfully complete all stations in the shortest time progress to the final round.
    - The required repetition count of 30 for each station ensures consistency and challenges athletes equally.
  2. Final Round:
    - The top 12 athletes from the preliminary round advance to the final.
    - The final round follows the same procedure but in reverse ranking order from the preliminary round.
    - Athletes compete again in all six stations, aiming to achieve the best overall time.
    - This format ensures a fair and competitive environment for determining the ultimate winner.
  3. Scheduling:
    - The preliminary round and final round can be conducted on different days or at different times (e.g., morning and afternoon) with at least a 4-hour break.
- This allows sufficient time for recovery and ensures athletes are well-rested for each round.

# Speed Fitness Challenge

## Preliminary Round

Line 1

Devil press



Pull-up



Situps



Walking Lunges

Line 2

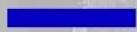
Devil press



Pull-up



Situps



Walking Lunges

Line 3

Devil press



Pull-up



Situps



Walking Lunges

Line 4

Devil press



Pull-up



Situps



Walking Lunges

Final

TOP 12

athletes go to the competition line based on reverse ranking of Top 12 of preliminary round

Line 1

Devil press



PullUp



Box Jump



Dips



Situps



Walking lunges

30 reps

30 reps

30 reps

30 reps

30 reps

30 meters

Line 2

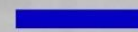
Devil press



PullUp



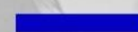
Box Jump



Dips



Situps



Walking lunges

best one is who preform required reps in shortest time

# Couples Fitness Challenge

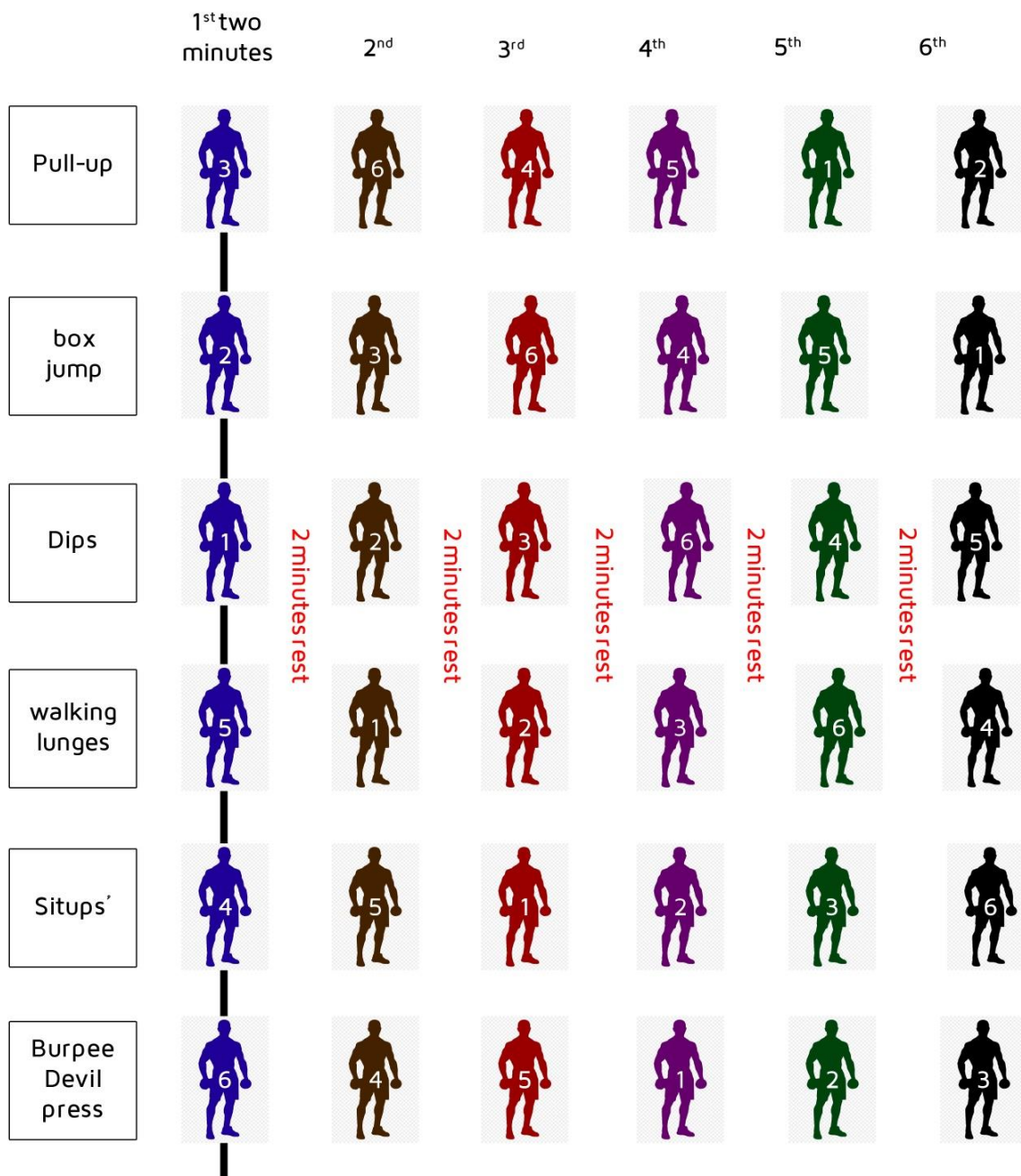
1. The competition takes place in pairs, with each pair performing the circuit in its six stations, following the same order as the individual competition.
2. Couples can consist of either MEN only, WOMEN only, or a MIXED pair.
3. Both athletes in the pair perform the same exercise at each station, taking turns to achieve the highest number of repetitions within the given 2-minute time limit.
4. Both athletes in the pair take a 2-minute pause together between stations.
5. Up to 6 couples can participate simultaneously, with each couple assigned to a specific station. They start at station one and progress through the remaining exercises in sequential order.
6. When the first couple completes the first station, the next couple joins in and starts their circuit.
7. In the couple competition, the ranking is determined by the sum of repetitions performed by both members across all six exercises.
8. In a mixed couple, the weight used at each station must be the same for both male and female participants, except for walking lunges, where the couple must use a 30 kg weight.



# Team Fitness Challenge

1. Teams consist of 6 competitors, with a combination of 4 + 2 athletes of each gender or 3 + 3. One gender cannot have just one athlete on the team.
2. Each team member performs exclusive stations simultaneously.
3. The team's six members distribute themselves across the stations as desired, but they must complete the entire circuit in an orderly manner.
4. The next team will start when the previous team has finished all the stations. Only one team competes on the circuit at a time.
5. A judge at each station will record the correct repetitions of each team member on their control sheet, similar to individual competition.
6. The central judge collects the sheets from all team members and adds up the repetitions.
7. Teams are ranked based on the total repetitions of all six members across the six stations in the team competition.
  - In a single-gender championship (either men's or women's, not mixed), the team competition can be organized with four stations, depending on the organizer's decision.

### TeamFitness Challenge procedure



Team athletes perform the stations simultaneously



GOLD level

# TECHNICAL REGULATION OF THE EXERCISES



## PULL UPS (prone & strict)

- Start: Begin with full extension of the elbows, maintaining a shoulder-width pronated grip.
- Execution: Ascend until the chin surpasses the bar.
- Final: Return to the starting position, ensuring that the elbows are fully extended.
- A brief pause in the starting position is necessary to demonstrate complete arm extension.
- Rolling or swinging is strictly prohibited throughout the exercise. Failure to comply will result in the repetition being invalidated.

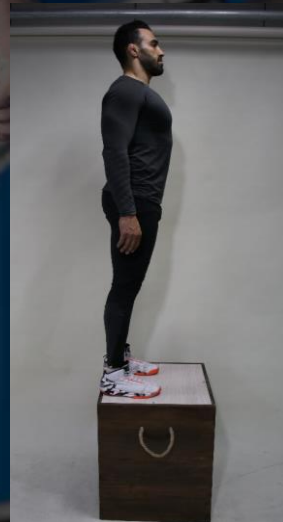


- it is recommended to mark a width of 75 cm using color or tape. This marking will provide a visual reference, making it easier for individuals to gauge the appropriate hand placement.



# Box Jump (up to 20"-24" box)

- **START:** Stand with both feet together on the ground, with extended trunk, hips, and knees.
- **EXECUTION:** Perform a jump, landing with both feet together on the box. Ensure that the trunk, hip, and knee joints are fully extended.
- **FINAL:** Return to the starting position by stepping or jumping off the box. The athlete should not bounce or take advantage of the momentum from the previous jump. Repetition: Each repetition is counted when both feet return to the ground.
- The recommended height for the box is 20" - 24" (for women and men).
- The box jump exercise involves explosive movements and proper form to achieve the desired results. Pay attention to technique and safety while performing this exercise.



Stepping down is permitted.



✗ The partial extension does not contribute to the count.

# DIPS (feet forward)

- **START:** Begin with full extension of the elbows, positioned on the parallel bars. **EXECUTION:** Lower the body to an elbow position at a 90-degree angle.
- **FINAL:** Return to the starting position. •
- The entire body must move up and down as a whole unit (✗ not just the upper body).
- A brief pause at the top position, with elbows fully extended and a visible extension of the elbow, is mandatory. Legs must be positioned in front of the handrest.
- No momentum or swinging is permitted. Failure to comply will result in the repetition being invalidated.



# Walking LUNGES (with a barbell)

- Start: Stand with feet together, barbell resting over the shoulders. Judges may assist in raising the barbell if needed. Execution: Perform walking lunges with a 90-degree flexion in both knees.
- Final: Complete the repetition when the knees, hips, and trunk are fully extended.
- Execution: The exercise must be performed with the barbell remaining over the athlete's shoulders for a duration of 2 minutes. If the barbell is dropped or not maintained on the shoulders, the exercise is considered finished. The rear knee must touch the floor.
- Weight: Use a barbell weighing 30 kg for women and 50 kg for men. Note: In order for each repetition to be counted as valid, the knee of the back leg must touch the ground.
- The Barbell Walking Lunge exercise challenges lower body strength and stability. Ensure proper form and control throughout the exercise. Focus on maintaining the barbell on the shoulders and achieving the required depth for each lunge repetition.



# SIT UPS (weighted)

- **START:** lying down, knees and hips at 90o, plate on the chest with extended elbows. **EXECUTION:** athlete flexes his hip while keeping the plate with extended arms.
- **FINAL:** trunk perpendicular to the ground, arms wholly extended over the head.
- The lumbar and dorsal spine should be supported at each descent. Elbows extended all the time. **WEIGHT:** 10 kg plate for all participants.
- \*The feet must maintain contact with the ground during the execution of the exercise.



- **No count**
- bridging on the hip
- Hands not fully extended on elbows



# Burpees & “Devil PRESS”

- **START:** Standing, with the trunk extended, dumbbells on the sides.
- **EXECUTION:** Burpee with the bottom on the dumbbells up to 90°, the athlete can touch the ground with the chest. Return to standing upright position; curl and press the dumbbells until arms extend overhead. They are not accepting a snatch of the dumbbells.
- **FINAL:** return to the starting position.



**WEIGHT:**  
dumbbells are pairs  
of 10/15 kg for  
females/males.

Not counting a push-up that involves  
taking two steps:





# TECHNICAL REGULATION OF THE EXERCISES

SILVER LEVEL



## PULL-UPS (lying position)

- **START:** Grasp the bar with a supine grip, placing your hands shoulder-width apart. Suspend your body with full elbow extension.
- **EXECUTION:** Lower your body until your chest touches the bar, ensuring that your body remains straight throughout the movement. Avoid any rocking or pulsing motions. You may choose to rest your feet, ankles, or calves on a bench or box if needed.
- **FINAL:** Raise your body back up to the starting position, completing one repetition of the exercise.





**BOTH LIFTING MODES ARE ACCEPTABLE (SQUAT AND DEADLIFT):**



## *Jefferson*

- **START:** Position your feet at shoulder width, ensuring that your trunk, hips, and knees are fully extended. Place the barbell diagonally between your legs. Maintain a wide stance with your feet.
- **EXECUTION:** Lower the barbell down until the weight plates touch the ground, keeping your form intact.
- **FINAL:** Lift the barbell back up to the starting position, ensuring that your shoulders are set and your spine, hips, and knees are fully extended. Failing to fully extend any joint will render the repetition invalid.
- This exercise can be performed in both deadlift or squat form, depending on your preference.
- **WEIGHT:** Women should use a barbell with 40 kg, while men should use a barbell with 60 kg. Adjust the weight accordingly based on your strength and capabilities.



## *DIPS on a bench (feet forward)*

- **START:** Position your hands on the edge of the bench with your elbows fully extended. Ensure that your legs are at the same height as the hand support, and place your feet on a bench or a box. Keep your knees straight throughout the exercise.
- **EXECUTION:** Lower your body down to an elbow position, bending your elbows to a 90-degree angle. Avoid using any momentum or sudden movements.
- **FINAL:** Push yourself back up to the starting position, fully extending your elbows. Pause briefly at the top position to emphasize the extension of your elbows.



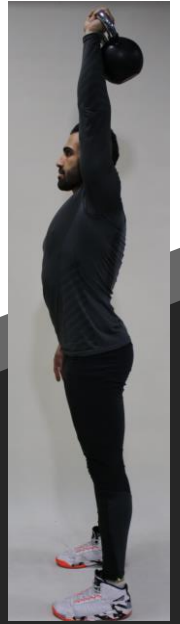
## LUNGES (non-walking, with dumbbells)

- **START:** Stand with your feet together, holding dumbbells in your hands.
- **EXECUTION:** Perform lunges by taking steps with a 90-degree bend in the front and back knee. Return to an upright position with your trunk, hips, and knees fully extended.
- **FINAL:** Count one repetition for each step taken. Ensure that you hold the dumbbells in your hands throughout the entire 2-minute duration. If you release the dumbbells, the exercise is considered complete.
- **WEIGHT:** Use 10 kg dumbbells for women and 15 kg for men.



## SIT UPS (weight on chest)

- **START:** Begin by lying down with your knees and hips at a 90-degree angle, holding a weight plate on your chest.
  - **EXECUTION:** Perform a sit-up motion, keeping the weight plate parallel to your chest. It is not necessary to touch the weight plate to your chest. Keep your arms semi-flexed during the exercise.
  - **FINAL:** Reach a position where your trunk is perpendicular to the ground. Ensure that your lumbar and dorsal spine are supported when descending back to the lying position. The weight plate should pass your knees during the movement.
  - **WEIGHT:** Use a 10 kg weight plate for all participants.
- Alternatively, you can replace this exercise with a Kettlebell Russian twist with one foot on the bench. Please refer to the fifth exercise of the Silver Army Fitness Challenge for details.



## SNATCHES (with kettlebell)

- **START:** standing, trunk extended, kettlebell in one hand.
- **EXECUTION:** bend down until you touch the ground with the kettlebell and lift it until your arm is extended over your head. It is not valid to raise KB to the front; always on top.
- **FINAL:** return to the starting position. The KB touches the ground. You can switch hands.
- **WEIGHT:** 8 kg kettlebell for women and 12 kg for men



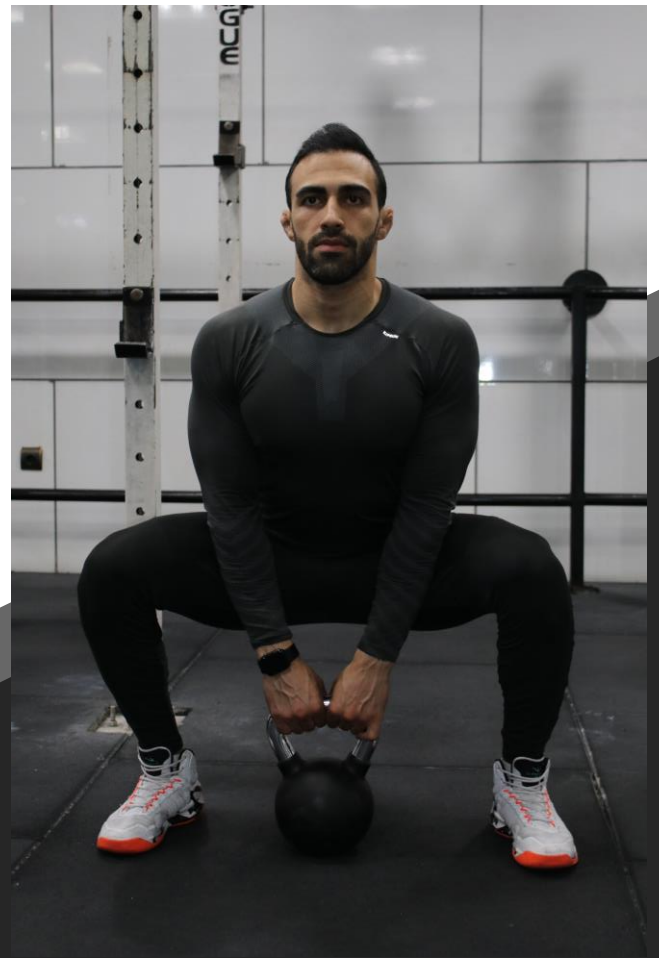
# TECHNICAL REGULATION OF THE EXERCISES

Bronze LEVEL



## Chin ups (supine grip, feet on the ground)

- **START:** SUPINE grip to shoulder width—suspended body with full extension of elbows. Stop and count 2" in the starting position.
- **EXECUTION:** Chest touches the bar. The body will always be straight: trunk, hips, and knees.
- Swinging is not allowed. The heels are in contact with the ground.
- **FINAL:** return to the starting position.



## Kettlebell SQUAT

- **START:** Straddle stance with the feet slightly wider than the shoulders and the toes pointing outward. Hold a single kettlebell with both hands in front of the body, using a pronated grip (palms facing the body).
- **EXECUTION:** We flex the hips and knees until KB touches the ground.
- **FINAL:** Return to the starting position.
- **WEIGHT:** Kettlebell with 24 kg for women and 32 kg for men.





## PUSH-UPS (elbows flare)

- **START:** above, full extension of elbows. Separation of hands-off shoulders.
- The trunk, hips, and knees are extended.
- **EXECUTION:** Go down to a position of elbows at 90°. A handball is used as a reference to chest touching.
- **FINAL:** Return to the starting position. Stop and count 2" in the starting position.



## LUNGES (backward, on-site)

- **START:** feet together, one single dumbbell held to the chest.
- **EXECUTION:** lunges backward, with steps of 90° in knee front and back. The back knee touches the ground.
- **FINAL:** A repetition is counted for each step taken. Full extension of hips, knees, and trunk
- **WEIGHT:** 1 dumbbell of 12.5 kg for men and 7.5 kg for women.



## SIT UPS

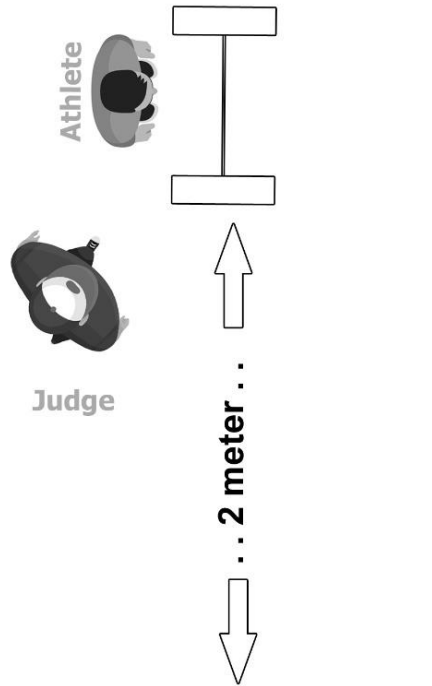
- **START:** lying down, knees and hips at 90°. Shoulders flexed in prolongation. Hips in slight external rotation.
- **EXECUTION:** we incorporate until we touch our feet. Arms drive.
- **FINAL:** trunk perpendicular to the ground. We touched our feet with both hands.



## Kettlebell SWING (complete raise)

- **START:** standing, trunk extended, kettlebell grabbed by 2 hands.
- **EXECUTION:** bend to pass KB between the legs and swing it until you have your arms fully outstretched over your head. We stopped at the vertical.
- **FINAL:** return to the starting position.
- **WEIGHT:** kettlebell of 12kg for men and 8kg for women.

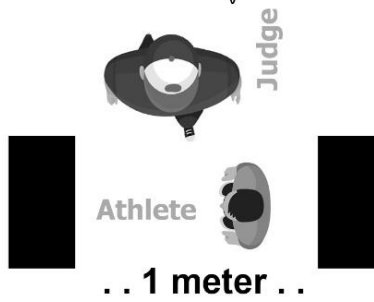
**Lying pull up**



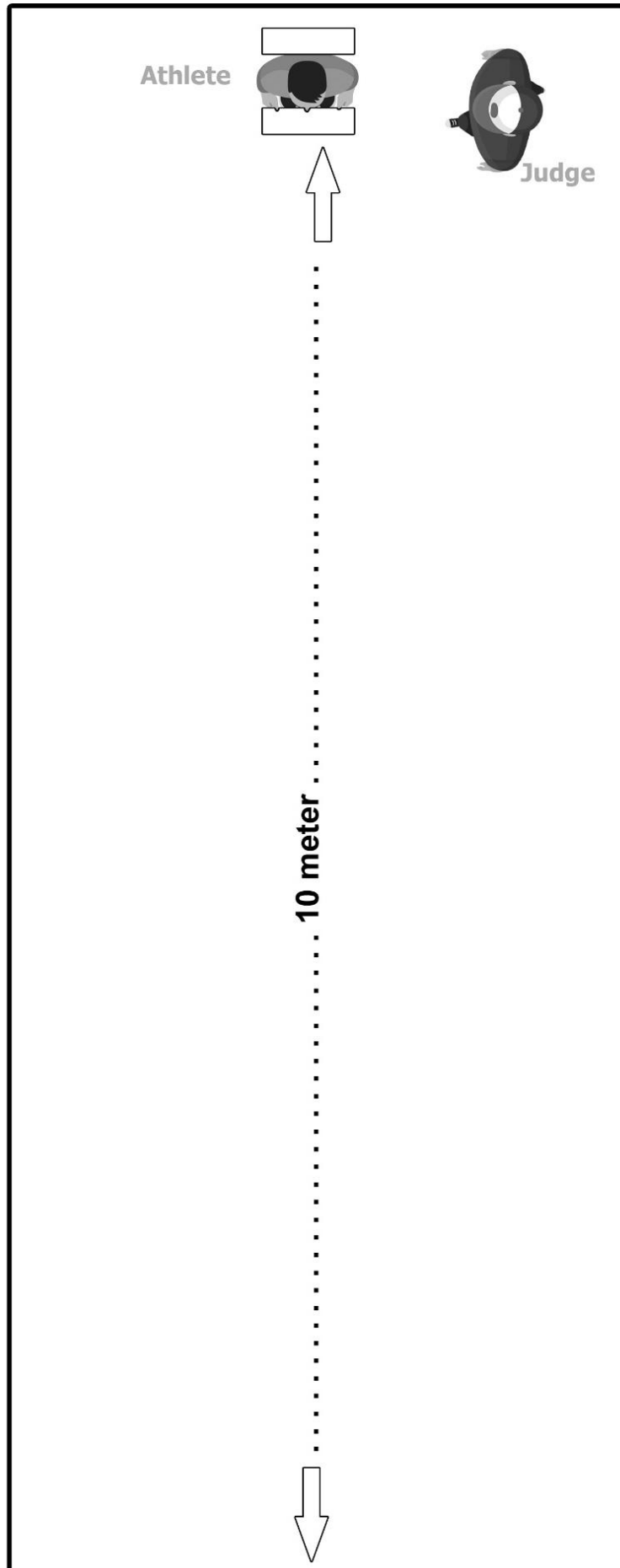
**Squat Jefferson**



**Bench dips**

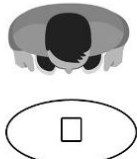


# Walking lunge



# Situps

Athlete

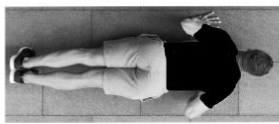


Judge



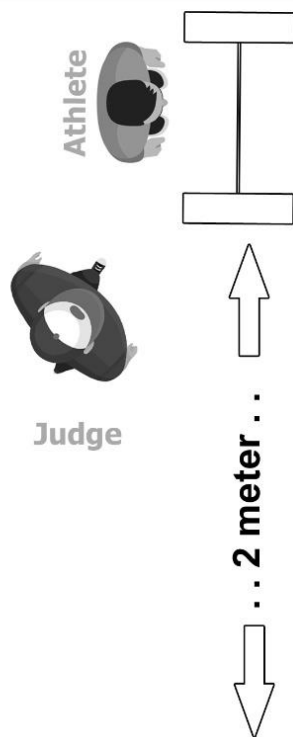
# burpee and devil

Athlete

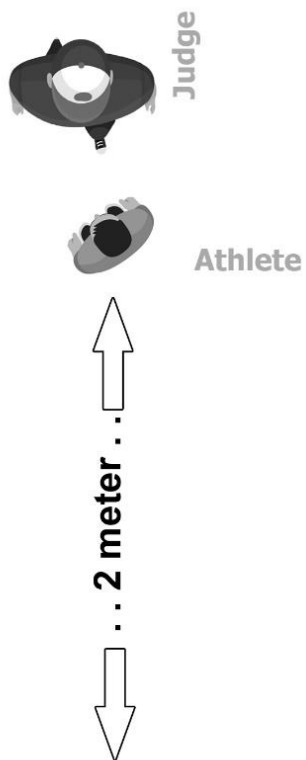


Judge

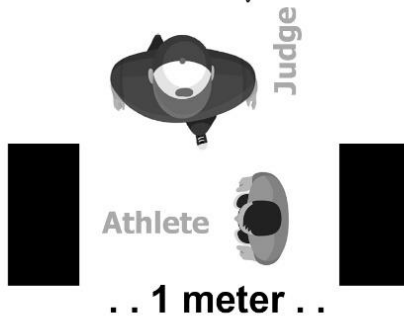
### Lying pull up



### Squat Jefferson



### Bench dips





# Forward Dumbbell Lunge



... 2 meter ...



Judge

# Situps



Athlete



... 2 meter ...



Athlete

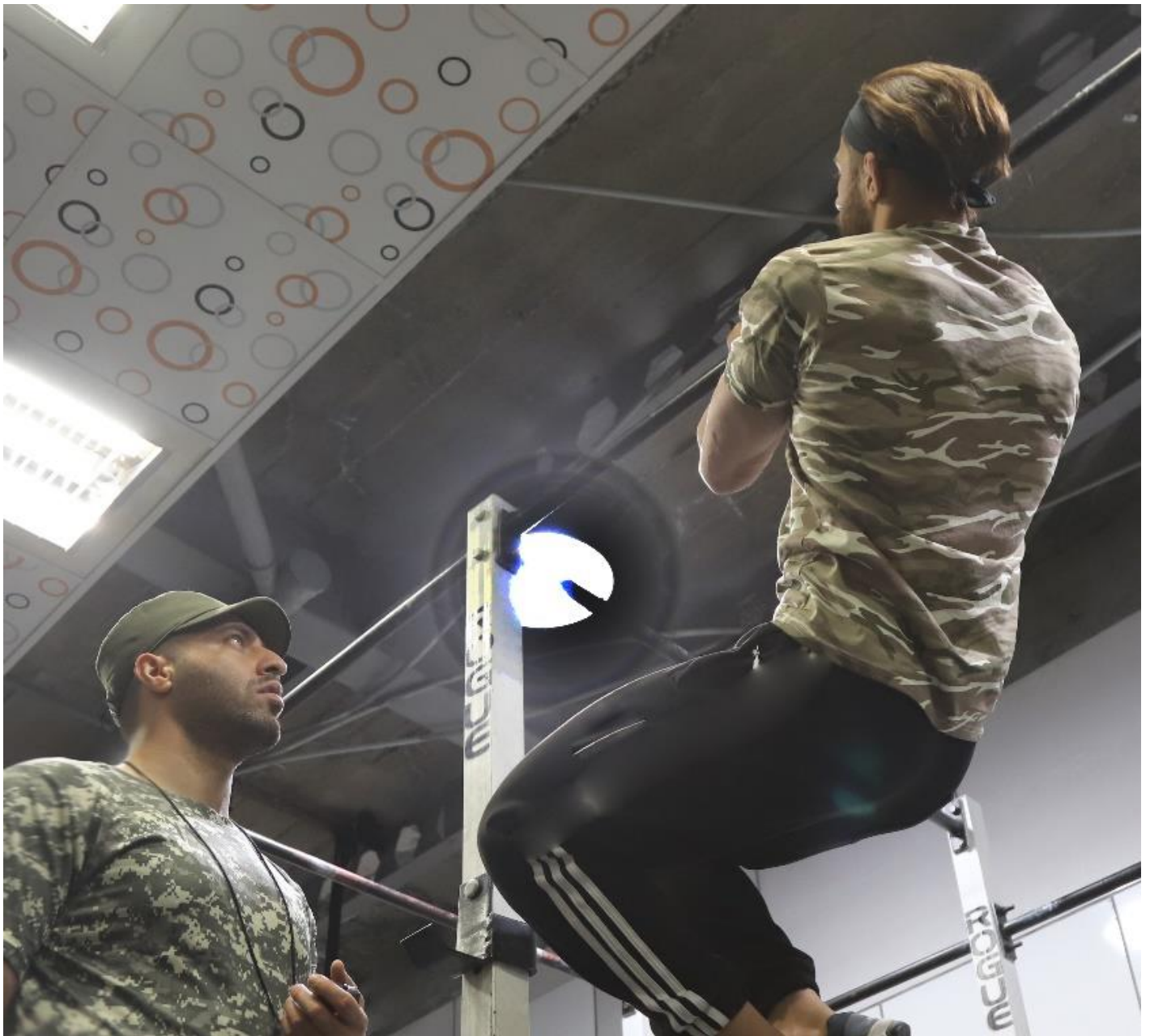
# Kettlebell snatch



Athlete



Judge



## exercises Variations for Army fitness challenge

Army fitness challenge exercises can be done in the Army fitness challenge competition instead of the main stations.

## Gold LEVEL



## Leg Tuck

- Beginning position: full extension of the elbows; dead hang position with straight arms and an alternated grip on the bar (Figure 1).
- Execution: bend arms at the elbows, chin exceeds the bar, and bring knees or thighs up make 90 degrees to the trunk.
- Final position: return to the beginning position. Elbows must be fully extended.
- A stop of 1 second will be made in the starting position, whole extended elbows. Swinging is not allowed at any time during the execution. Failure to do so marks repetition null.



## Jump box with a sandbag (up to 16" box)

**START:** Two feet together on the ground, extended trunk, hips, and knees with a 10 kg sandbag on the back (Figure 3).

**Execution:** Jump two feet together on the box, trunk, hip, and knees joints will be extended.

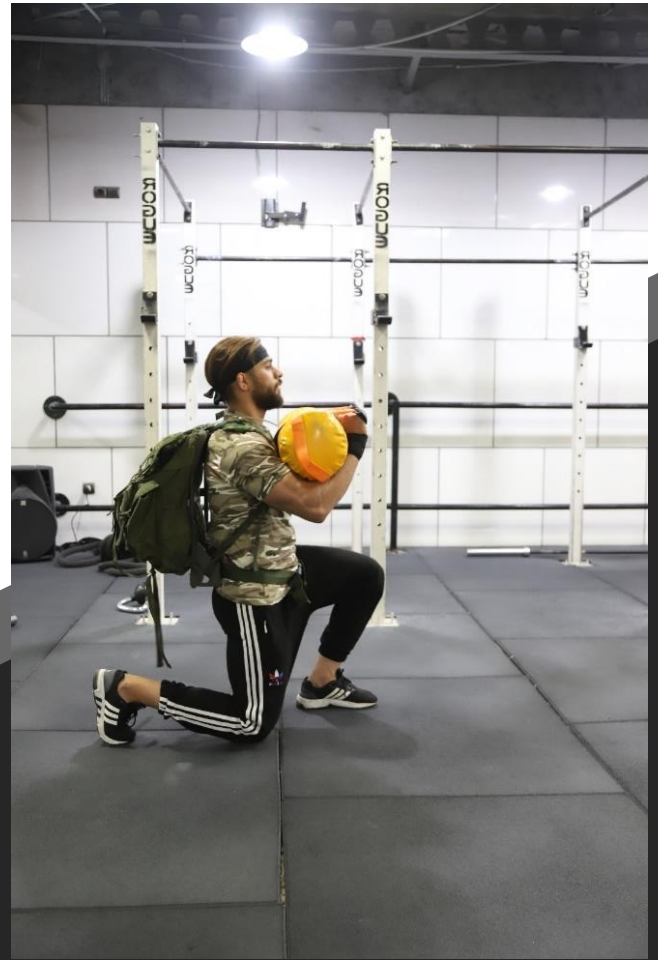
**Final position:** return to the starting position. The athlete CANNOT bounce. He must stop and extend without taking advantage of the fall from the previous jump(Figure 4).

Both feet are supported up and down simultaneously. Repetition is marked when returning to the ground. The box has a height of 16" (women-men)



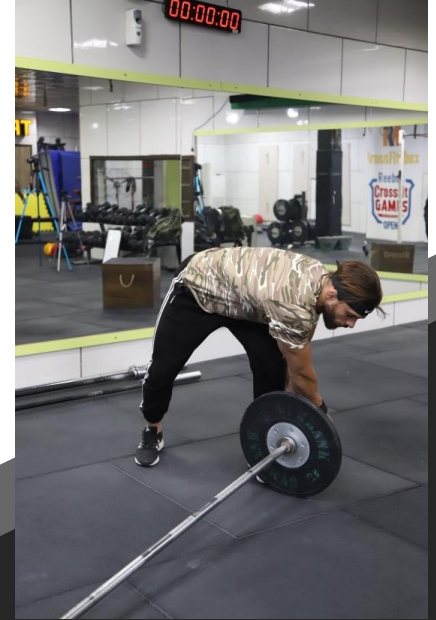
## Plyo Step push-up

- Beginning position: Move into a prone position on the floor, supporting your weight on your hands and toes.
- Your arms should be fully extended with the hands around shoulder width. Keep your body straight throughout the movement.
- Execution: Descend by flexing at the elbow, lowering your chest towards the ground. At the bottom, reverse the motion by pushing yourself up through elbow extension as quickly as possible.
- Final position: Attempt to push your upper body up until your hands leave the ground, rapidly place hands-on platforms to sides. The lower body again.



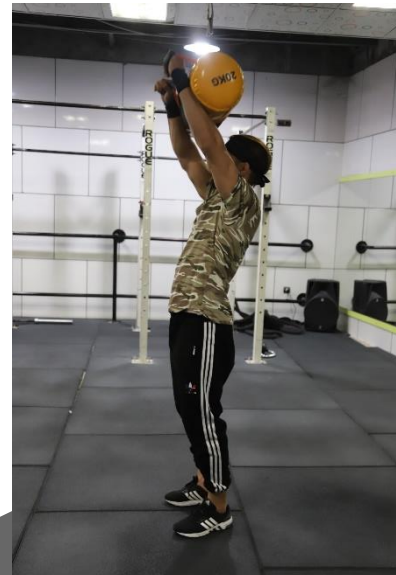
## Walking LUNGES (with a sandbag)

- **START:** Wear a military backpack (15 kg) and hold a sandbag (20 kg) in Zercher position, with feet together.
- **Execution:** walk by lunges with 90° flexion in both knees.
- **Final position:** repetition is completed when knees, hips, and trunk are fully extended.
- The sandbag and backpack must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over. **WEIGHT:** total weight 35 kg.
- \*The knee of the back leg touches the ground at each repetition to be counted valid.



## Lever Power Twist (plate loaded)

- Beginning position: Stand completely straight, near the loaded end of the barbell, opposite of landmine lever—thumbs facing back (toward the nearest end of the barbell). And the end barbell should be at the height of the athlete clavicle.
- Execution: Move the end of the barbell across and downward to both sides of the body, alternatively to touch the ground.
- Final Position: Immediately return to the beginning position and then opposite side in the same pattern and repeat.
- \*The plate should touch the ground to be counted valid.



## Burpee and devil press with Sandbag

- Beginning position: Stand, with the trunk extended, sandbag must be in front of the body.
- Execution: With hands-on sandbag, jump or step back into push up position and do a push-up, then jump or step feet back in and do a curl and press with sandbag
- Final position: completely straight body with sandbag overhead.
- WEIGHT: Sandbag is 10/20 kg for females/males.
- Failure to follow any indications marks repetition null.

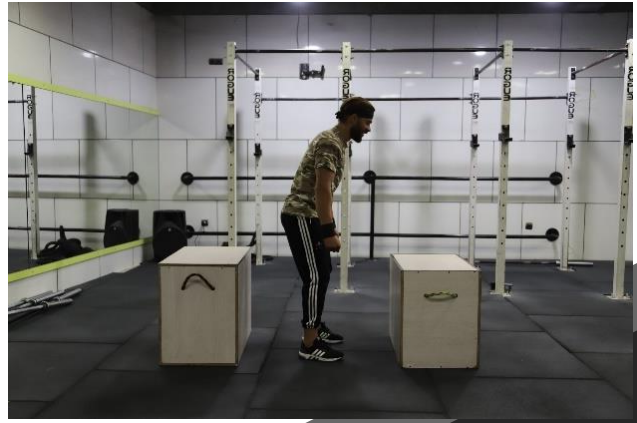
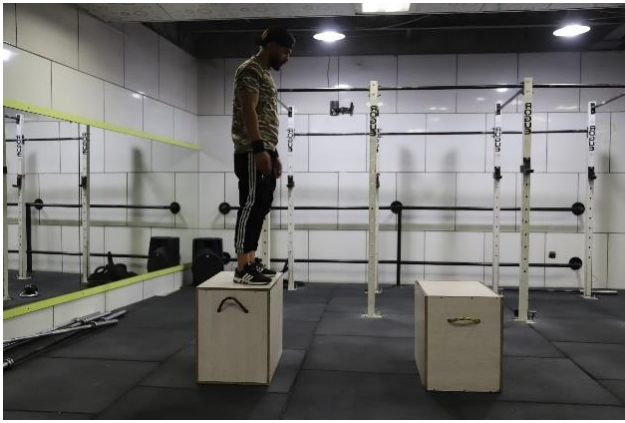


## *variation of Silver LEVEL exercises*



## **CHIN UPS (prone & strict)**

- **START:** full extension of the elbows; supinated grip to shoulder width.
- **Execution:** climb until the chin exceeds the bar.
- **Final position:** return to the starting position. Elbows must be fully extended.
- A stop of 1 second will be made in the starting position, whole extended elbows. Rolling or swinging is not allowed at any time during the tour. Failure to do so marks repetition null.



## DROP JUMP TO ANOTHER BOX

- Beginning position: Athlete begins with arms at the sides, shoulder-width stance, and knees slightly bent on top of a box (with toes near or hanging over the edge of the box). Box heights vary between 20 and 24".
- Execution: The athlete steps off the box, lands on the ground, and explosively jumps vertically (with double-arm action).
- Final position: the athlete must locate on the second box by jumping and be completely straight. In this situation, one repetition is counted by the referee, then the athlete returns and repeats.
- The distance between boxes and the height of the boxes must be 80-100 meters.



## Hand Release Push-Up–Arm Extension

- Beginning position: prone position with your chest, hips, and thighs (but not head) in contact with the ground and index fingers inside the broadest part of your shoulder
- Execution: Maintaining a fairly straight line from the head to the heel and the feet no more than a boot's width apart, push yourself up until your arms are fully extended
- Final position: Once back in the prone position, extend your arms directly out to your sides, forming a T.
- One repetition counts when a final position is done.



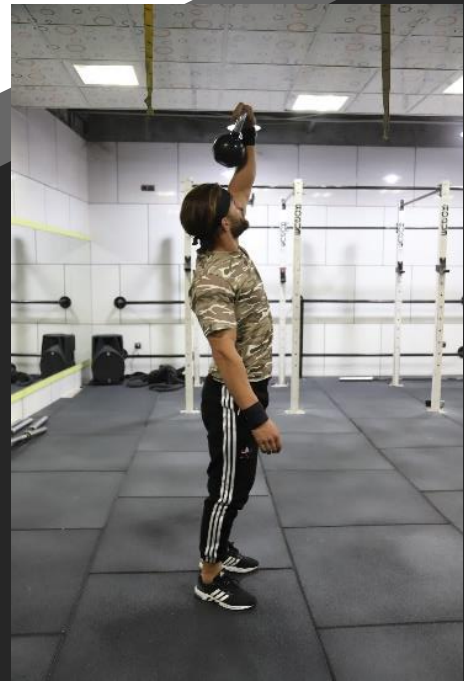
## Half squat lunge

- Beginning position: put a sandbag on the back and stand completely straight.
- Execution: lunge forwards then put forward together in a half-squat position.
- Final position: repetition is completed when the athlete is in a half-squat position.
- The sandbag must remain over the athlete's shoulders for the whole 2 minutes. If not, exercise is over.
- WEIGHT: sandbag with 10 kg for female/men.
- \*The knee of the back leg touches the ground at each repetition to be counted valid.



## Kettlebell twist

- Beginning position: athlete Lie down on the floor, placing feet straight together. Elevate the upper body so that it creates 90 degrees with thighs. Arms should be bent in front of the torso and with the hands clasped.
- Execution: Twist torso to the right side until arms get parallel with the floor and kettlebell touch the ground.
- Final position: kettlebell touches the ground
- Kettlebell weight: 12 kg



## Kettlebell Getup

- Beginning position: Lie supine on the floor with a kettlebell positioned next to the right upper arm. Grasp handle with bent right arm.
- Execution: Lift the hip off the floor and pull the left leg underbody—position forefoot and knee on the floor behind the right foot and left hand. Position the torso upright. Reposition legs in a lunging position.
- Final position: the athlete must stand up by extending legs and placing the rear foot next to the forwarding foot

