



Explanation of Penalty Burpees

Failure to complete any obstacle in its entirety by one or more teammates results in a failed obstacle. The penalty for a failed obstacle is a total of 60 burpees that are to be completed as a TEAM, divided among the team however they choose! While you cannot complete obstacles for another teammate, taking more burpees for your teammates is allowed!

Burpee: Squat down, place hands on the ground, jump both feet back into a plank position, return both feet back to a squat position and jump up to the start position! (no push up needed!)

Burpee Mod: Squat down, place hands on the ground, step back one foot at a time into a push up position, return one foot at a time back to starting position and calf raise at the top! (no push up needed!)

TOTAL Team number of burpees: 60 per failed obstacle

Explanation of Exercises to enter each round

Before entering each round of obstacles, the team will have to complete a total of 100 reps of a designated exercise. The reps are to be completed as a TEAM, divided among the team however they choose! Reps may be performed by ANY or ALL teammates to total 100 per station. While you cannot complete obstacles for another teammate, taking more reps for your teammates at stations is allowed!

Round 1 - 100 (total) Double-hit* Battle Rope Slams

Round 2 - 100 (total) Jump squat

Round 3 - 100 (total) Push-ups

Round 1:

Double-hit Battle Rope Slams: Hold one rope in each hand, stand in a semi-squatted position with an upright chest and braced core. Drive both arms up into the air at least shoulder height, slam both ropes on the ground at the same time. Repeat

Round 2:

Jump Squat: Start in a standing position, feet shoulder width apart. Bend Hips and knees to a squat position, keeping toes pointed straight and weight in the heels. Push through the heels, jumping straight up off the ground. Land in the squat position to absorb and repeat.

Jump Squat Mod: Start in a standing position, feet shoulder width apart. Bend Hips and knees to a squat position, keeping toes pointed straight and weight in the heels. Push through the heels, back to the starting position with a calf raise at the top and repeat.

TOTAL Team number of Jump Squats: 100

Round 3:

Push -Up: Support your body on your toes and hands in a plank position. Bend elbows nearly touch chest to the floor. Push back up to a straight arm position and repeat. Keep your back flat and your hips in line with your shoulders throughout. Full push up rep is all the way down and all the way back up to the straight arm position.

Push -Up Mod: Support your body on your toes and hands in a plank position. Touch knees to the floor, making sure to keep hips down. Bend elbows nearly touch chest to the floor. Push back up to a straight arm position and repeat. Keep your back flat and your hips in line with your shoulders throughout. Full push up rep is all the way down and all the way back up to the straight arm position.

TOTAL Team number of Push-ups: 100

**To be EXTREMELY clear; ANY teammate may do ANY number of reps to get the team TOTAL!
It is NOT 60 penalty Burpees per person or 100 reps per person the exercise stations!**

Explanation of Plank at Bucket 2 Bucket Transfer Relay:

This obstacle is completed relay style, while teammates are carrying/transferring buckets, other teammates must hold a plank position until the 4th teammate has carried their bucket back to the start line. Failure of obstacle is identified as any team member dropping their plank before their final teammate has finished.

Plank: Support your body on your toes and hands in a push-up position. Drop down onto both forearms while keeping core tight, back flat, and butt down. Failure results in touching knees to the ground.

Plank Mod: Support your body on your toes and hands in a push-up position. Touch knees to the floor, making sure to keep hips down. Drop onto forearms while keeping core tight, back flat, and butt down. Failure results in touching stomach or chest to the floor

Participant Signature:

Print Name

Proudly Presented By:

