

Heiss und Scheisse Rules

Husafell Stone: Athlete will carry the Husafell Stone for max distance in 60 seconds. There will be a turn at 50'. Time will start, then the athlete will pick the stone (in an upright position) from the ground and carry as far as possible. No drops allowed, once dropped distance will be measured. Belts, Chalk, Sleeves allowed.

Car Squat: Athlete will squat a car on an apparatus for amrap in 60 seconds. Apparatus must move a total of 12" vertically for rep to count. Up and Down commands will be given. Chalk, Wraps, Sleeves, Belts allowed. No suits or briefs.

Power Stairs: Athlete will have 60 seconds to load implement up a series of 4 stairs measuring 15" high each. Implement will be a duck walk apparatus. Step reached will be counted if athlete does not reach top step. Belts, Chalk, Wraps, Sleeves allowed.

18" Deadlift: Athlete will have 60 seconds to deadlift said weight for AMRAP. Bar used will be a 2" axle. Down commands will be given. Belts, Chalk, Wraps, Sleeves, Straps allowed. No suits or briefs.

Sandbag Toss: Athlete will have 60 seconds to throw bag over bar for AMRAP. Athlete will throw bag over bar, then go to opposite side which bag landed and throw back over bar, back and forth. Reps will only be counted for bags which go over bar and land on ground. Bags thrown near end of given time must be over bar and have touched ground to be counted. Belts, Chalk, Wraps, Sleeves, allowed.