



PALADIN
FITNESS RACING

MOVEMENT STANDARDS
WARRIOR | ENDURANCE

WARRIOR

START - RUN 800M

ZONE 1

1000M SKI

50 X GROUND TO OVERHEAD

75 x BEAR HUG SQUATS

800M RUN - DOUBLES to split

ZONE 2

2000M BIKE

50 X BOX OVERS

100M X BALL LUNGES

RUN 800M - DOUBLES to split

ZONE 3

1000M ROW

50 X PLATE THRUSTERS

200M x FARMERS CARRY

RUN 800M - DOUBLES to split

ZONE 4

25 x BURPEES

50 X BALL OVER SHOULDER

RUN 800M - FINISH

WEIGHT STANDARDS / WARRIOR

SOLO WEIGHTS

MOVEMENT	MALE	FEMALE
GROUND 2 OVERHEAD	20KG	15KG
DEAD BALL BEARHUG SQUATS	20KG	15KG
BOX OVERS	BW	BW
DEAD BALL WALKING LUNGES	20KG	15KG
PLATE THRUSTERS	15KG	10KG
KB FARMERS CARRY	20KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG

DOUBLES WEIGHTS

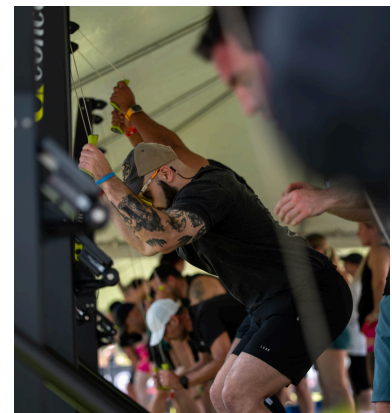
MOVEMENT	MALE	FEMALE	MIXED
GROUND 2 OVERHEAD	20KG	15KG	15KG
DEAD BALL BEARHUG SQUATS	20KG	15KG	15KG
BOX OVERS	BW	BW	BW
DEAD BALL WALKING LUNGES	20KG	15KG	15KG
PLATE THRUSTERS	20KG	15KG	15KG
KB FARMERS CARRY	20KG	16KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG	15KG

ZONE 1 STANDARDS WARRIOR



1000m Ski Erg

- The monitor on the ski erg must be set to zero at the beginning of the ski.
- You may adjust the damper at any time.
- Once the designated distance is reached, Athletes must control the handles back to start position and place a hand in air to get approval to move on.
- If the handles are passed to a partner, OR Athlete leaves the Erg before a Judge releases you, a penalty may be applied and/or the athlete asked to complete the distance.



50 x Plate Ground-to-Overhead

- The rep begins with the athlete picking up the plate with both hands on either side of the plate and begins.
- The athlete lowers the plate and touches the ground with any part of the plate. The plate is then lifted to above the athlete's head.
- The rep is complete when the athlete has reached the locked-out position with arms straight and plate above the head.
- *Not touching the ground with plate or straight arms over head is a **NO REP***
- Dropping the plate at any stage is **NOT** allowed – Plates must be lowered to the ground under control, partners are not to pass the plate to each other, they must be placed on the ground, this then becomes their start position.



ZONE 1 STANDARDS WARRIOR



75 x Dead-ball Bearhug Squats

- The dead ball must be held in the athlete's arms against the chest or abdomen.
- The athlete must squat until quads are parallel to the ground and stand tall with straight legs and hips for each rep.
- The rep is complete when the athlete is standing tall with knees and hips locked out and Dead-ball held against the chest or abdomen.
- Not reaching depth or not standing tall is a NO REP.



Athlete / Athlete to complete 800m with 1 partner to remain in swap zone.

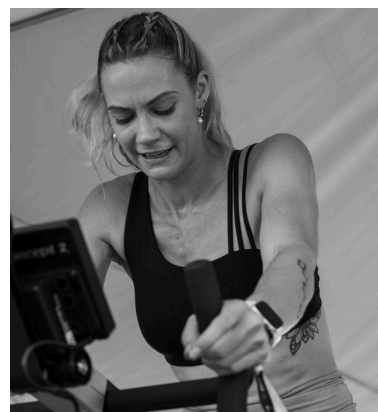
Judges are to count reps and only let athletes move on once all reps are complete, handheld rep counters are provided.

ZONE 2 STANDARDS WARRIOR



2000m Bike Erg

- The monitor on the bike erg must be set to zero at the beginning of the ride.
- You may adjust the damper at any time.
- Athletes must remain seated until the designated distance is reached and place hand in the air for judge to release
- If the athlete leaves Erg before Judge releases, a Penalty maybe applied and or athlete asked to complete set distance



50 x Box Overs

- Start on one side of the box. This can be completed as box jumps or step-ups.
- Start with both feet on the ground. Jump/step up onto the top of the box.
- Both feet touch the box at the top.
- Step or jump down on the other side of the box.
- The rep is credited when both feet return to the ground on the opposite side.
- Touching the box with the hands or knees is NOT allowed



ZONE 2 STANDARDS WARRIOR



100m x Dead-Ball Walking Lunges (1 full lap - new layout)

- The dead ball can be carried on the shoulder, against the chest or back.
- Begin with the feet together, and the athlete standing tall.
- The trailing knee must contact the ground at the bottom of each lunge.
- Stopping with both feet together is not required and athlete should stand tall between each rep.
- The lunge is finished when the athlete completes the defined distance and both feet are clearly **OVER** the line (not on the line).
- The dead-ball may be put down at any time between the start/finish of a section without penalty provide its completed safely and below rule is followed.
- Doubles Athletes must place ball on ground behind their foot for partner to pick up and start from where ball lies Not in front
- If athlete does not complete distance judge is required to give athlete opportunity to complete the distance. Refusal to complete will result in **DNF**



Athlete / Athletes to complete 800m with 1 partner to remain in swap zone

ZONE 3 STANDARDS WARRIOR



1000m Row

- The monitor on the rower must be set to zero at the beginning of the row
- You may adjust the feet straps and damper at any time.
- Athletes must remain seated until the designated distance is reached.
- Athlete must put hand in the air once distance on machine is complete
- If the athlete leaves Erg before Judge releases, a Penalty will be applied which could result in **DNF** and or set distance asked to be completed



50 x Plate Thrusters

- Hold the plate horizontally to the ground underneath your chin
- On decent of Squat the plate must be below athletes chin
- Squat till quads are parallel to ground, power up and press the plate overhead, stand tall with straight legs and hips and arms for each rep.
- The rep is complete when the athlete has reached the locked-out position with arms straight and plate above the head.
- A **NO REP** is when any off the above is not completed correctly



ZONE 3 STANDARDS WARRIOR



Farmers Carry KB (200m) This will be 2 full laps

- Start by holding 2x kettle bells at allocated weight (1 in each hand) walking the allocated 200m distance.
- You may put the weight down at any stage along the 200m but must pick the weight up before continuing the movement.
- Do not pass the KB's to your partner, they must start their movement from the ground.
- If athlete does not complete distance judge is required to give athlete opportunity to complete the distance. Refusal to complete distance will result in DNF



Athlete / Athlete to complete 800m with 1 partner to remain in swap zone

ZONE 4 STANDARDS WARRIOR



25 x Burpees

- Athlete will lower themselves to the ground – a step back or jump back is allowed
- Once the athlete's chest and thighs are on the ground the athlete may step or jump forward before jumping up and bringing the hands above shoulder height.
- The rep is credited when both feet have left the ground and the hands are brought above shoulder height.

50 x Ball over Shoulder

- The dead-ball starts on the ground and must be lifted to the shoulder then passed over the shoulder and falls to the ground.
- The rep is credited when the dead-ball hits the ground once passing over the shoulder.
- Athletes must rotate 180 degrees before picking up the ball again. The step through technique is banned and will not count as a rep.
- Athlete must be standing tall after ball has passed the shoulder.
- A **NO REP** occurs if the athlete stays down in the squat or ball doesn't pass the ball over the shoulder.



Athlete / Athlete to complete 800m with 1 partner to remain in swap zone

ENDURANCE

START - RUN 2000M

ZONE 1

2000M SKI

50 X GROUND TO OVERHEAD

50 x PLATE THRUSTERS

1600M RUN - DOUBLES to split

ZONE 2

4000M BIKE

100M X BALL LUNGES

RUN 1600M - DOUBLES to split

ZONE 3

2000M ROW

300m x FARMERS CARRY

RUN 1600M - DOUBLES to split

ZONE 4

100m x Burpee Broad Jump

RUN 2000M - FINISH

WEIGHT STANDARDS / ENDURANCE

SOLO WEIGHTS - ENDURANCE

MOVEMENT	MALE	FEMALE
GROUND 2 OVERHEAD	20KG	15KG
PLATE THRUSTERS	15KG	10KG
WALKING LUNGES	20kg	15kg
KB FARMERS CARRY	24KG	20kg

DOUBLES WEIGHTS - ENDURANCE

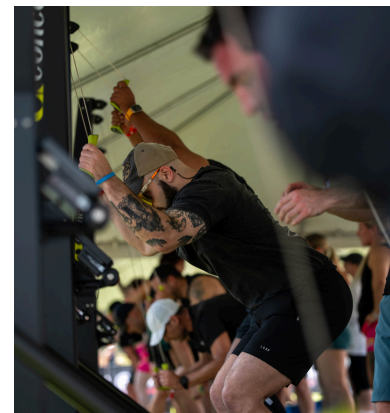
MOVEMENT	MALE	FEMALE	MIXED
GROUND 2 OVERHEAD	20KG	15KG	20KG
PLATE THRUSTERS	20KG	15KG	20KG
WALKING LUNGES	20KG	15KG	20KG
KB FARMERS CARRY	24KG	20KG	24KG

ZONE 1 STANDARDS ENDURANCE



2000m Ski Erg

- The monitor on the ski erg must be set to zero at the beginning of the ski.
- You may adjust the damper at any time.
- Once the designated distance is reached, Athletes must control the handles back to start position and place a hand in air to get approval to move on.
- If the handles are passed to a partner, OR Athlete leaves the Erg before a Judge releases you, a penalty may be applied and/or the athlete asked to complete the distance.



50 x Plate Ground-to-Overhead

- The rep begins with the athlete picking up the plate with both hands on either side of the plate and begins.
- The athlete lowers the plate and touches the ground with any part of the plate. The plate is then lifted to above the athlete's head.
- The rep is complete when the athlete has reached the locked-out position with arms straight and plate above the head.
- *Not touching the ground with plate or straight arms over head is a NO REP*
- Dropping the plate at any stage is NOT allowed – Plates must be lowered to the ground under control, partners are not to pass the plate to each other, they must be placed on the ground, this then becomes their start position.



ZONE 1 STANDARDS ENDURANCE



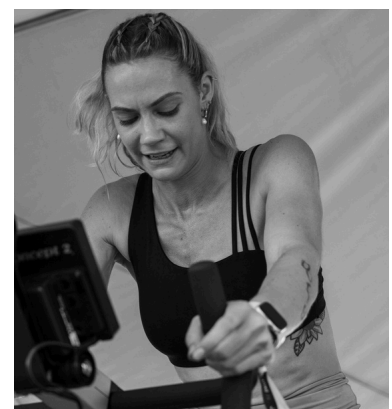
50 x Plate Thrusters

- Hold the plate horizontally to the ground underneath your chin
- On decent of Squat the plate must be below athletes chin
- Squat to 90 degrees quads parallel to ground, power up and press the plate overhead, stand tall with straight legs and hips and arms for each rep.
- The rep is complete when the athlete has reached the locked-out position with arms straight and plate above the head.



4000m Bike Erg

- The monitor on the bike erg must be set to zero at the beginning of the ride.
- You may adjust the damper at any time.
- Athletes must remain seated until the designated distance is reached and place hand in the air for judge to release
- If the athlete leaves Erg before Judge releases, a Penalty maybe applied and or athlete asked to complete set distance



ZONE 2 STANDARDS

ENDURANCE



100m x Dead-Ball Walking Lunges (1 full lap - new layout)

- The dead ball can be carried on the shoulder or against the chest.
- Begin with the feet together, and the athlete standing tall.
- The trailing knee must contact the ground at the bottom of each lunge. Red race numbers have grace here.
- Stopping with both feet together is not required the stand is trailing knee touches the ground
- The lunge is finished when the athlete completes the defined distance and both feet are clearly OVER the line (not on the line).
- The dead-ball may be put down at any time between the start/finish of a section without penalty
- Doubles Athletes must place ball on ground behind their foot for partner to pick up and start from where ball lies Not in front
- If athlete does not complete distance judge is required to give athlete opportunity to complete the distance or notify Head judge or race number and 2 min penalty will be applied to their finishing time



ZONE 3 STANDARDS ENDURANCE



2000m Row

- The monitor on the rower must be set to zero at the beginning of the row
- You may adjust the feet straps and damper at any time.
- Athletes must remain seated until the designated distance is reached.
- Athlete must put hand in the air once distance on machine is complete
- If the athlete leaves Erg before Judge releases, a **Penalty** will be applied and or set distance asked to be completed

Farmers Carry KB (300m) This will be 2 full laps

- Start by holding 2x kettle bells at allocated weight (1 in each hand) walking the allocated 200m distance.
- You may put the weight down at any stage along the 200m but must pick the weight up before continuing the movement.
- Do not pass the kb's to your partner, they must start their movement from the ground.
- If athlete does not complete distance judge is required to give athlete opportunity to complete the distance or notify Head judge or race number and 2 min penalty will be applied to their finishing time



Athlete / Athletes to complete 1600m with 1 partner to remain in swap zone with change over each 400m

ZONE 4 STANDARDS

ENDURANCE



100m Burpee Broad Jumps

- Athlete must complete first burpee behind the start line.
- Starting from a standing position the athlete will place their hands on the ground no further than 30cm in front of their feet
- Chest and Thighs must make contact with the ground
- On each burpee Athletes must jump forward with both feet leaving the ground together
- Both feet must land beyond the take off point before beginning the next burpee
- In Doubles, the trailing athlete must remain behind their team mate and cannot start their burpee in front of the lead partner.
- Burpees are finished once athlete completes 100m with burpee broad jump, on landing Both feet must be across finish line.
- Athletes will be asked to redo reps if they do not meet movement standards

Home stretch 2000M to finish

Types Of Penalties

- **NO REPS** - Will be implemented at all zones
- 30 sec stop go penalty for repeated infringements on movements when no reps can't be enforced or incorrect change overs with athletes, getting off ergs early, littering etc
- 3 mins penalty for missing movement laps: EG 1 lap on KB Farmers Carry instead of 2 full laps
- 5 min penalty for missing complete exercise or running lap
- Disqualification - inappropriate behavior, dangerous actions towards staff or athletes and missing of zones.

IMPORTANT POINTS

- Athletes do not pass weights or erg handles to each other
- Athlete should collect weight from the ground
- Weight plates should always be lowered to ground under control
- Partners can not start reps until both athletes are in position
- Athletes are allowed to carry nutrition and water bottles but must not litter - penalties can be applied