

SOUTHERN
WARRIORS

EVENT 5

5TH SEPTEMBER

MUSCLE
CHEST



HEALTH
PERFORMANCE
PROGRAM

EXPERIENCE

LOCATION

FIELD A



EVENT 5

15 BENCH PRESS (40 KG/25 KG)

1 ROPE CLIMB

6 M. AXLE BAR OVERHEAD LUNGES BACK AND FORTH (30 KG/20 KG)

12 BENCH PRESS 40 KG/25 KG

1 ROPE CLIMB

6 M. AXLE BAR OVERHEAD LUNGES BACK AND FORTH (30 KG/20 KG)

9 BENCH PRESS 40 KG/25 KG

1 ROPE CLIMB

6 M. AXLE BAR OVERHEAD LUNGES BACK AND FORTH (30 KG/20 KG)

RUN TO THE FINISH LINE



TIME CAP: 7 MIN

SCORE IS TIME

FLOW

ONCE ON THE COMPETITION FIELD, THE ATHLETES WILL HAVE 2 MINUTES TO SET THE HEIGHT OF THE BENCH.

AT THE CALL OF “3.2.1 ... GO”, THE ATHLETE WILL MOVE TO THE BENCH AND PERFORM 15 REPS OF BENCH PRESS. THEN HE/SHE WILL MOVE TO THE ROPE AND COMPLETE 1 ASCENT. HE/SHE WILL THEN GO TO THE AXEL BAR AND COMPLETE 2 SECTIONS OF OVERHEAD WALKING LUNGES, BACK AND FORTH. HE/SHE WILL THEN RETURN TO THE BENCH TO PERFORM 12 BENCH PRESS FOLLOWED BY A ROPE CLIMB AND THE OVERHEAD WALKING LUNGES.

HE/SHE WILL THEN END WITH 9 BENCH PRESS, A ROPE CLIMB AND 6 METERS, ROUND TRIP, OF OVERHEAD WALKING LUNGES. HE/SHE WILL THEN SPRINT TO THE FINISH LINE WHERE TIME WILL BE TAKEN.



STANDARD

ROPE CLIMB

THE ATHLETE WILL HAVE TO CLIMB THE ROPE GOING TO TOUCH THE CROSSBEAM.



STANDARD

BENCH PRESS

THE REP BEGINS AND ENDS WITH THE ATHLETE'S ARMS FULLY EXTENDED AND THE ELBOWS LOCKED OUT

WHEN THE ATHLETE GRABS THE BAR, THE LITTLE FINGERS SHOULD NOT GO BEYOND THE OUTERMOST KNURLING OF THE BAR. THUMBS SHOULD BE AROUND THE BAR.

AT THE BOTTOM, THE BARBELL MUST TOUCH THE CHEST; THE FEET CANNOT COME OFF THE GROUND AND THE GLUTES MUST REMAIN IN CONTACT WITH THE BENCH.

THE REP ENDS IN TOP POSITION.

ATHLETES MUST SHOWN A COMPLETE LOCK OUT OF THE ELBOWS PRIOR TO PLACE THE BARBELL ON THE SUPPORTS.

IF THE ATHLETE REQUIRES THE ASSISTANCE OF THE SPOTTER, THE REP WILL NOT COUNT.



STANDARD

OVERHEAD WALKING LUNGES

EACH LUNGE BEGINS WITH THE ATHLETE BEHIND THE STARTING LINE, WITH FEET TOGETHER, AND HIPS AND LEGS EXTENDED AND THE BAR IN OVERHEAD. EACH LUNGE ENDS WITH THE ATHLETE'S FEET COMPLETELY BEYOND THE FINISH LINE.

THE TRAILING KNEE MUST MAKE CONTACT WITH THE GROUND AT THE BOTTOM OF EACH LUNGE BEFORE RETURNING TO FULL HIP AND LEG EXTENSION. THE ATHLETE MUST ALTERNATE WHICH FOOT LEADS FOR EACH REP.

AT THE TOP OF EACH LUNGE, ATHLETES MUST SHOWN HIPS AND LEGS FULLY EXTENDED WITH THE BAR OVER HEAD

STOPPING WITH BOTH FEET TOGETHER AT THE TOP OF EACH REP IS NOT REQUIRED, BUT BOTH LEGS MUST BE FULLY EXTENDED IF THE ATHLETE CHOOSES TO STEP THROUGH AT THE TOP.

DROPPING THE AXLE BAR IS NOT PERMITTED.

ANY DROP WILL COST THE ATHLETE TO REPEAT THE ENTIRE SECTION.

