



		CHALLENGE DIVISION	COMPETE DIVISION
ENDURANCE ZONE			
01	BIKE ERG	2 bikes working Max meters Score = Meters from both bikes	2 bikes working Max meters Score = Meters from both bikes
02	ROW	2 rowers working Max meters Score = Meters from both rowers	2 rowers working Max meters Score = Meters from both rowers
03	SKI ERG	2 skis working Max meters Score = Meters from both skis	2 skis working Max meters Score = Meters from both skis
BURN ZONE			
04	SYNCHRO BOX JUMP OVERS (18")	2 athletes working 18" jump or step Max reps Score = Reps (1 synchro = 1 rep)	2 athletes working <u>18" jump only</u> Max reps Score = Reps (1 synchro = 1 rep)
05	SYNCHRO HAND RELEASE PUSH UPS	2 athletes working Max synchro reps Score = Reps (1 synchro = 1 rep)	<u>4 athletes</u> working Max synchro reps Score = Reps (1 synchro = 1 rep)
06	SYNCHRO SIT UPS	2 athletes working Max synchro reps Score = Reps (1 synchro = 1 rep)	<u>4 athletes</u> working Max synchro reps Score = Reps (1 synchro = 1 rep)
POWER ZONE			
07	SYNCHRO SANDBAG SQUATS	2 athletes working 20kg women / 30kg men Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working <u>30kg women / 50kg men</u> Max synchro reps Score = Reps (1 synchro = 1 rep)
08	SYNCHRO DEVIL'S PRESS	2 athletes working 12.5kg women / 20kg men <u>Single</u> dumbbell Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working 12.5kg women / 20kg men <u>Double</u> dumbbell Max synchro reps Score = Reps (1 synchro = 1 rep)
09	SYNCHRO DEADLIFT	2 athletes working 35kg women / 60kg men Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working 60kg women / 80kg men Max synchro reps Score = Reps (1 synchro = 1 rep)