

Craftsbury Combine

Weighted Sit Ups

- Take as much time and preparation as needed in order to perform 5 weighted sit ups as heavy as possible
- Technique: Legs elevated on a bench. Partner will hold your legs down in this position
- Dumbbell is placed BEHIND your head
- 5 reps need to be completed in a timely manner. Don't take all day

100m Sprint

- 2 attempts to complete your fastest 100m sprint
- Course is marked starting near the pump track and going slightly uphill towards the top of chip hill

Push Up Intervals

- Complete 1 full range of motion push up every 5 seconds until failure
- Hold push up plank position in between reps
- Full ROM= chest to yoga block and then up to locked out elbows

Bulgarian Split Squats

- Max reps of unweighted split squats in 1 min
- Rest 1 minute and repeat on other leg
- Full ROM= locked out knee at the top, knee to yoga block at the bottom

Weighted Pull Ups

- Take as much time and preparation as needed in order to perform 5 weighted pull ups as heavy as possible
- Technique: locked out elbows at bottom, chin over the bar at top

Triple Broad Jump

- 3 attempts to go for max distance in 3 consecutive broad jumps
- No pausing and resetting between each jump. As soon as you land you should be launching into your next jump
- Rest for as long as needed between attempts

Back extensions

- Anchor feet and lie across a box, with the box ending at your hips/shorts line and your torso hanging off the front
- place hurdle that is approximately the same height as the box in front of you, under your forearms if you extend your forearms out straight
- hold 5 lb dumbbell out over the hurdle for as long as you can