



The Sleekgeek Baseline Workout

For time:

75 Jumping Jacks
20 Jumping Squats
15 Sit-Ups
10 Push-Ups

(Maximum time Cap: 12 minutes)

Notes

The SG Baseline Workout is a measurement of your progress. There are various ways to gauge your improvement - whether it be a faster time or by completing the workout with the movements as prescribed.

Feel free to repeat this workout for yourself over time to see how you have improved.

The workout begins with the Jumping Jacks and the athlete must complete all the reps of the particular movement before moving on to the next exercise.

*The score is the time that an athlete takes to complete the total workout **in seconds**. For example if the athlete takes 2mins and 10 seconds their score is 130 (60+60+10)*

The timer must run continuously from start of the first exercise to completion of the final exercise. Do not stop the clock in between exercises.



If the athlete does not complete the allocated work in the maximum 12 minutes, the reps that are left over from any exercises will be added to the time as additional seconds.

For example: If an athlete had 10 push ups left at the end of the maximum 12 minute time cap then 10 seconds are added and the the score is 12min 10secs which equals 730 seconds (720 +10) and a final score of 730.



Movement Standards

In order for your reps and score to qualify you must adhere strictly to the prescribed workout standards as described in this document. Please also view the workout demo video for this workout if you are still unsure.

Jumping Jack



The athlete starts with feet together and arms down. They will then jump upwards whilst pushing the arms and feet outwards. The rep is completed when the arms touch above the head and feet are shoulder width apart.



Jumping Squat



The athlete stands tall and begins the rep by descending into a squat where the hips are below knees. The athlete extends the squat into a jump with both feet leaving the ground. Rep is complete once the athlete lands after a jump.

The athlete can continue straight back down into a squat in a continuous motion if they wish.

Sit-Ups



The athlete begins sitting on the ground with the soles of feet together. The rep begins when the hands touch the ground behind the head and is completed with the hands touching in front of feet.



Push Ups



The rep begins with arms extended as the body remains rigid. The chest and thighs must touch the floor. The rep ends with extended arm and elbows locked out.

Scaling options

Some athletes will not be able to complete the workout ***as prescribed***.

For athletes who are beginners or injured these are alternative movements that can be substituted to participate and complete the workouts.

Substitute Jumping Squats:

Body Weight Squats (See workout demonstration video)

“Box” Squats using a chair (See workout demonstration video)

Substitute Push-Ups:

Knees on ground (See workout demonstration video)

Elevated Push-Ups using a chair, higher sur

Equipment needed

None



Video submission standards

All video submissions should be uncut and unedited.

Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. The onus is on the athlete to provide submissions that are clear.

Clearly state when your timer has started running as we will begin timing as soon as you begin your first rep.