



Wonder Woman

In 8 minutes complete:

30 - 20 - 10
Sit-Ups
Lunges

In the remainder of time: Max Squats (5L weighted)

Notes

A max effort test right after a quick workout that is designed to tax your legs and midline stability.

Do you aim to go as fast as you can and risk blowing out in order to bank more time for the squats? Or do you play conservative and try to keep that lactic acid at bay?

The workout begins with the 30 Sits Ups, once complete the athlete moves on to complete 30 alternating lunges (15 right leg, 15 right leg), then the athlete moves on to complete 20 Sit Ups, 20 alternating lunges then 10 Sit Ups and 10 alternating lunges.

Whatever time remains once that has been completed can be used to accumulate the most weighted squats using a 5L water bottle as possible.

The score is the total amount of Weighted Squats achieved in the 8 mins.

Movement Standards

Sit Ups



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

Lunges



The athlete stands tall, takes a step forward and then extends the back knee to touch the ground. The rep is complete at full hip and knee extension.

Weighted Squat:



The 5L Water bottle is held in any position on/above chest height.

The athlete stands tall and begins the rep by descending into a squat where the hips are below knees. The rep is complete once the athlete is at full hip and knee extension i.e standing tall.

Scaling options

Lunges:

Limit range of motion to where the athlete is comfortable and not in pain.

Squats:

Squats unweighted (See workout video for demonstration)

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

Equipment needed

1x 5L Water Bottle

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.

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