



## Poison Ivy

2 - 4 - 6 - 8 - 10 - 12 ... etc for 8min:

Push up  
Sit-ups  
Jump overs

(Cap: 8min)

### Notes

*This is all dependent on your fitness... Push and you just get deeper into the workout giving yourself more reps and more fitness!*

*The workout begins with the athlete completing 2 push ups, then 2 sit ups then 2 jump overs they then move on the 4 rush ups, sit ups, jump overs, then 6 of each etc for as far as they can go during the time.*

*They continue to add reps (in even numbers) until the 8 minute time cap has been reached.*

*The score is the TOTAL REPS that an athlete accumulates in the workout.*

### **Penalties**

*If judges review your videos and a rep is not completed to standard and it has been counted as part of your score then 5 reps will be deducted from your score*

## Movement Standards

### Push Ups



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

Ladies: Knees on the ground pushups. The rep begins on the knees with arms extended as the body remains rigid. The chest and thighs touch the floor. The rep ends with extended arm and elbows locked out. (Note that this was not demonstrated in the video)

### 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.

### Jump Overs



The athlete starts the rep standing tall. The jump and landing must be 2 footed. The rep is completed when the athlete lands with both feet over the obstacle.

## Scaling options

### Sit-Ups:

Dead Bug



### Push-Ups:

Elevated Push-Ups

### Jump Overs:

Step Overs

## Equipment needed

Toilet Rolls

## **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.