



Storm

For Time:

5 Burpees

5 Burpees
10 Push-Ups

5 burpees
10 Push-ups
20 Jumping Squat

5 burpees
10 push ups
20 Jumping Squat
30 Lunges

5 burpees
10 push ups
20 Jumping Squat
30 Lunges
40 Sit Ups

(Cap: 25min)

Notes

Yo! This is a long workout - again you are grinding your way through reps that increase as your progress and get closer to finishing.

The workout begins with 5 Burpees, once completed the athlete starts with 5 Burpees and 10 Push Ups, then 5 Burpees, 10 Push Ups and 20 Squat Jumps and so on until they have completed the Sit Ups.

The score is the time that an athlete takes to complete the workout in seconds. If the athlete does not complete the allocated work in 25 minutes, the reps that are left over will be added to the time as additional seconds.

i.e athlete had 40 Sit Ups left at the end of the time cap therefore 40 seconds are added and the the score is 1,540 seconds.

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 seconds will be added to your score.

Movement Standards

Burpees



The athlete starts standing tall. The chest and thighs must touch the floor. The rep is complete once the athlete jumps and claps overhead - the feet must visibly leave the floor.

Push Ups



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.

Female athletes may perform the push-ups on their knees as prescribed.

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.

Lunges



The athlete stands tall steps forward and begins by stepping forward and extending the back knee to touch the ground. The rep is complete at full hip and knee extension.

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.

Scaling options

Burpees:

2x reps Jumping Jacks
4x reps Walking Jumping Jacks

Push-Ups:

Knees on ground
Elevated Push-Ups

Jumping Squats:

Body Weight Squats
Box Squats

Lunges:

Supported Lunge (possibly with limited range of motion)

Sit-ups:

Deadbug
Deadbug Static Hold 2 secs per rep

Equipment needed

Non

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.