

ROOKIE LOCKDOWN CHALLENGE



WARRIOR

PRESENTED BY **jacarandafm**

NAME: _____ RACE#: _____

*If you can't complete an obstacle, do 5 burpees.

#	OBSTACLE	DESCRIPTION	REPS	COMPLETED
300m Run				
1	Wall Climb	Climb over a wall at least as tall as you	1	
300m Run				
2	Leopard Crawl	Crawl on your elbows for 10m	1	
300m Run				
3	Weight Carry	Carry a total of 5kg for this run – 300m Run	1	
4	Get-ups	Lie on your back and get up without using your hands	5	
300m Run				
5	Two Chair Squat	One chair held above your head, squat until your glutes touch the seat of the other chair placed behind you	10	
300m Run				
6	Warrior Balance	Balancing on one foot, extend free leg straight behind you far as possible and lower your torso until it is horizontal to the ground, then hold for 30sec once on each foot	1	
300m Run				
7	Handstand	Do a handstand (against a wall is fine) 1second	1	
300m Run				
8	Plank to Plank	Start in a plank position on your hands then transition down to your elbows then back up	5	
300m Run				
9	Straight Leg Switch	Lie on your back, then lift your legs off the ground with one leg higher one leg lower, then swap legs rapidly, keeping them off the ground	16	
300m Run				
10	Crab Walk	With your hips facing the sky walk with your hands and feet for 10m	1	
300m Run				
11	Jump Overs	Jump back/forth over something (at least 30cm high)	6	
300m Run				
12	Bear Crawl	Walk on your hands and feet keeping your but as low as possible for 10m	1	
300m Run				
13	Spiderman Push-ups	While descending in a push-up bring one knee to your elbow alternating legs (3 on each side)	6	
300m Run				
14	Jump Across	Jump back/forth across a gap the length of your height	6	
300m Run				
15	Thomas's Rookie Challenge	With your feet together hop for 20m (2x10m) with a 30cm high obstacle to jump over	1	
CHALLENGE COMPLETED!!				

START TIME: _____ FINISH TIME: _____ TOTAL TIME: _____