

## BATTLE CANCER 2024 WORKOUT - CHALLENGE

### OVERVIEW

#### FULL WORKOUT OVERVIEW

5 minutes work at each of the following stations with 4 minutes rest between each one:

##### Round 1

1. Assault Bike
2. Synchro Deadlifts (1x 132lb Barbell, 1x 88lb Barbell)
3. Assault Rower
4. Synchro Burpees Over Line
5. Run

##### Round 2

1. Assault Bike
2. Synchro Dumbbell Snatch (2x 50lb Dumbbells, 2x 25lb Dumbbells)
3. Assault Rower
4. Synchro Sandbag Over Shoulder (men: 70lb Sandbags, women: 50lb Sandbags)
5. Run

### WORKOUT DESCRIPTION

Athletes will enter the workout arena with the goal of achieving **20,000** reps.

Resting time between workouts will be in the Recovery Pen before the next workout.

#### ROUND 1:

##### STATION 1: ASSAULT BIKE

- Athletes start behind the Assault Bikes.
- On the "Go" signal, two athletes climb onto separate Assault Bikes and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** The bike with the LOWEST number of metres is your score. 'Tick over' is included.

**Note for Paired Teams:** Use one bike. Your score is the cumulative distance achieved.

##### STATION 2: SYNCHRO DEADLIFTS

- Athletes start at the edge of the Synchro Deadlift station.
- On the "Go" signal athletes make their way to the barbells
- Work through as many synchro deadlifts as possible in 5 minutes, two athletes working at a time
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each successful synchro lift is awarded 25 points.

**Note for Paired Teams:** Deadlifts are individual. One athlete works at a time, not synchro.

### **STATION 3: ASSAULT ROWER**

- Athletes start at the edge of the Assault Rower station.
- On the "Go" signal athletes move to the rowers.
- Two athletes start building distance on the rowers.
- Athletes can switch as desired until the 5-minute time limit is reached.

**Scoring:** The rower with the LOWEST number of metres is your score. 'Tick over' is included.

**Note for Paired Teams:** Use one rower. Your score is the cumulative distance achieved.

### **STATION 4: SYNCHRO BURPEES OVER LINE**

- Athletes start at the edge of the Synchro Burpee station.
- On the "Go" signal, athletes move into the workout space
- Work through as many synchro burpees over line as possible in 5 minutes, two athletes working at a time
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each synchro burpee is 1 rep.

**Note Paired Teams:** Burpees are individual. One athlete works at a time, not synchro.

### **STATION 5: RUN**

- Athletes start at the edge of the Run station.
- On the "Go" signal, one athlete will step onto the Air Runner and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** The maximum number of metres recorded on the Air Runner. "Tick over" is included.

## **ROUND 2:**

### **STATION 1: ASSAULT BIKE**

- Athletes start behind the Assault Bikes.
- On the "Go" signal, two athletes climb onto separate Assault Bikes and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** The bike with the LOWEST number of metres is your score. 'Tick over' is included.

**Note for Paired Teams:** Use one bike. Your score is the cumulative distance achieved.

## **STATION 2: SYNCHRO DUMBBELL SNATCH**

- Athletes start at the edge of the Synchro Dumbbell Snatch station
- On the "Go" signal athletes make their way to the dumbbells
- Work through as many synchro dumbbell snatch as possible in 5 minutes, two athletes working at a time
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each successful synchro lift is awarded 25 points.

**Note for Paired Teams:** Dumbbell snatch is individual. One athlete works at a time, not synchro.

## **STATION 3: ASSAULT ROWER**

- Athletes start at the edge of the Assault Rower station.
- On the "Go" signal athletes move on to the rowers.
- Two athletes start building distance on the rowers.
- Athletes can switch as desired until the 5-minute time limit is reached.

**Scoring:** The rower with the LOWEST number of metres is your score. 'Tick over' is included.

**Note for Paired Teams:** Use one rower. Your score is the cumulative distance achieved.

## **STATION 4: SYNCHRO SANDBAG OVER SHOULDER**

- Athletes start at the edge of the Sandbag Over Shoulder station.
- On the "Go" signal athletes make their way to the sandbags.
- Work through as many synchro sandbag over shoulder as possible in 5 minutes, two athletes working at a time.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each synchro sandbag over shoulder is 1 rep.

**Note for Paired Teams:** Sandbag over shoulder is individual. One athlete works at a time, not synchro.

## **STATION 5: RUN**

- Athletes start at the edge of the Run station.
- On the "Go" signal, one athlete will step onto the Air Runner and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** The maximum number of metres recorded on the Air Runner. "Tick over" is included

----- **MOVEMENT STANDARDS** -----

Assault Bike

- Athletes must start standing behind the bike.
- Athletes may change the settings of the bike (height, saddle position) before the workout begins.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Only the athlete seated on the saddle may apply pressure to the pedals to build distance.

Synchro Deadlifts

- The barbell starts on the ground.
- Barbell clips must be placed outside the plates
- Athletes' hands must be outside the knees. Sumo deadlifts are not allowed.
- Both athletes' hips and knees must reach full extension with their heads and shoulders behind the bar. Synchronisation is at the top of the lift.
- Athletes must lower the bar to the floor and not drop from above the knee.
- Athletes are not permitted to use gymnastic grips or wraps when completing the deadlifts.

Assault Rower

- Athletes must start standing behind the rowing machine.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Only the athlete seated on the rower may pull the handle to build distance.

Synchro Burpees Over Line

- Athletes must start in a standing position facing the line.
- Athletes may jump or step back into the burpee.
- Both athletes' chests must be in contact with the floor at the same time.
- Athletes may step or jump forward when returning to the standing position.
- Athletes may step or jump over the line.
- There is no requirement to land with both feet at the same time.
- The rep is counted when both athletes have crossed the line and have both feet in contact with the ground.
- Once a rep has been achieved, both athletes can return to the starting point by stepping back over the line.
- Each rep is performed in the same direction facing the line.

Run

- Athletes must start standing behind the air runner.
- The monitor must be turned on and set to zero before starting the workout.

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- Athletes may change at any point during the workout.
- Only the athlete on the runner is permitted to apply force to the running surface in order to build distance.
- Only one athlete is allowed to be on the machine at any one time, there must be a clear and obvious dismount of one athlete before the next athlete can begin.
- The handle bars on the machine **MUST** be held when starting and dismounting from the air runner, but **NOT** when running.

### Synchro Dumbbell Snatches

- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Athletes must lift the dumbbell in one motion to overhead.
- The movement is complete when the dumbbell is above the middle of the athlete's body, with their arm, hips and knees fully extended.
- Synchronisation is at the top of the rep with the dumbbell above the head.
- When returning to the starting position, athletes may complete the next move via touch-and-go, bouncing the dumbbell off the floor is **NOT** permitted.
- Athletes must alternate arms after each successful rep.
- If athletes complete continuous reps, at least one head of the dumbbell must make contact with the floor to allow the next rep to continue.
- A "no rep" will be given for failing to meet the synchro point before lowering the dumbbell to the starting position.
- A "no rep" will be given if neither head of the dumbbell touches the floor between reps.

### Synchro Sandbag Over Shoulder

- The sandbag over shoulder starts with the sandbag on the ground.
- Athletes lift the sandbag in one motion, up and over their shoulder.
- Athletes can also opt to complete the lift in two movements, first to their knees and then over their shoulder.
- The synchronisation is both athletes lifting together but the bag can land at different times.
- Athletes must wait for both bags to land on the ground before picking them up in synchro.
- The sandbag must clearly pass over the top of the athlete's shoulder.
- A "no rep" will be given if the sandbag is thrown behind an athlete any lower than the shoulder.
- Ducking under the sandbag as it passes over the shoulder is **NOT** permitted.
- Athletes are not required to alternate shoulders.

## ----- SCORING SUMMARY -----

### **ROUND 1:**

STATION 1: Lowest distance achieved across both bikes

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STATION 2: Each successful rep = 25pts

STATION 3: Lowest distance achieved across both rowers

STATION 4: Number of successful reps completed

STATION 5: Distance achieved

**ROUND 2:**

STATION 1: Lowest distance achieved across both bikes

STATION 2: Each successful = 25pts

STATION 3: Lowest distance achieved across both rowers

STATION 4: Number of successful reps completed

STATION 5: Distance achieved

FUNDRAISING AMRAP: Total fundraised (every £/\$/€ = 1 rep, every 5 AED = 1 rep)

----- **QUESTIONS** -----

Any questions relating to the process, movements, standards or scalable options, please contact [adam@battlecancer.com](mailto:adam@battlecancer.com).