

THE BATTLE CANCER CHALLENGE 2025



CHALLENGE DIVISION

COMPETE DIVISION

01 BIKE

2 BIKES WORKING

MAX METERS

Score = Meters from both bikes

2 BIKES WORKING

MAX METERS

Score = Meters from both bikes

02 SYNCHRO BOX STEP UP (18")

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

WEIGHTED STEP UPS 10KG / 20KG
MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

03 SYNCHRO DEADLIFT

2 ATHLETES WORKING

2 X 35KG / 2 X 60KG

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

2 X 60KG / 2 X 80KG

Score = Reps (1 synchro = 1 rep)

04 SKI ERG

2 SKIS WORKING

MAX METERS

Score = Meters from both skis

2 SKIS WORKING

MAX METERS

Score = Meters from both skis

05 SYNCHRO BURPEE OVER HURDLE

2 ATHLETES WORKING

12" STEP OR JUMP
MAX REPS

Score = Reps (1 synchro = 1 rep)

4 ATHLETES WORKING

18" JUMP
MAX REPS

Score = Reps (1 synchro = 1 rep)

06 SYNCHRO DUMBBELL SNATCH (2X20KG / 2X12.5KG)

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

07 ROW

2 ROWERS WORKING

MAX METERS

Score = Meters from both rowers

2 ROWERS WORKING

MAX METERS

Score = Meters from both rowers

08 SYNCHRO AMERICAN KETTLEBELL SWING / HEAVY ROPE SKIP

2 ATHLETES WORKING

2 X 12.5KG / 2 X 20KG
MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

HEAVY ROPE SINGLE SKIP
MAX REPS

Score = Reps (1 synchro = 1 rep)

*Teams will take on a heavy rope single skip, not KB

09 SYNCHRO SANDBAG OVER SHOULDER

2 ATHLETES WORKING

2 X 20KG / 2 X 30KG
MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

2 X 30KG / 2 X 50KG
MAX SYNCHRO REPS

Reps (1 synchro = 1 rep)