

THE BATTLE CANCER CHALLENGE 2025



Progress through high-energy stations—bike, row, run, and lift—pushing for max reps in 5 minute bursts with 4 minutes to recover before hitting the next station.

01 BIKE

02 SYNCHRO BOX STEP UP (24")

03 SYNCHRO DEADLIFT

04 SKI ERG

05 SYNCHRO BURPEE OVER HURDLE

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

07 ROW

08 SYNCHRO AMERICAN KETTLEBELL SWING (2X 20KG, 2X 12KG)

09 SYNCHRO SANDBAG OVER SHOULDER

CHALLENGE DIVISION

2 BIKES WORKING

MAX METERS

Score = Meters from both bikes

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

2 X 35KG / 2 X 60KG

Score = Reps (1 synchro = 1 rep)

2 SKIS WORKING

MAX METERS

Score = Meters from both skis

2 ATHLETES WORKING

12" STEP OR JUMP
MAX REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ROWERS WORKING

MAX METERS

Score = Meters from both rowers

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

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

Score = Reps (1 synchro = 1 rep)

COMPETE DIVISION

2 BIKES WORKING

MAX METERS

Score = Meters from both bikes

2 ATHLETES WORKING

WEIGHTED STEP UPS 10KG / 20KG
MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

2 X 60KG / 2 X 80KG

Score = Reps (1 synchro = 1 rep)

2 SKIS WORKING

MAX METERS

Score = Meters from both skis

4 ATHLETES WORKING

18" JUMP
MAX REPS

Score = Reps (1 synchro = 1 rep)

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

2 ROWERS WORKING

MAX METERS

Score = Meters from both rowers

2 ATHLETES WORKING

MAX SYNCHRO REPS

Score = Reps (1 synchro = 1 rep)

*Teams may also take on a heavy rope single skip

2 ATHLETES WORKING

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

Reps (1 synchro = 1 rep)