# STRENGTHTATHALON
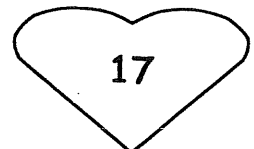
Name _____

Class _____

Date _____

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BLM

| EXERCISE | POINTS ( ) | + BONUS = | SCORE |
|---|---|---|---|
| 1. SIT-UPS | 10 X (1) =___+ | ___ X (1) | |
| 2. BENCH HOPS (use a step) | 10 X (2) =___+ | ___ X (2) | |
| 3. PLANK (20sec) | 3 X (5) =___+ | ___ X (5) | |
| 4. JOG ON THE SPOT (each 30sec = 1) | 7 X (5) =___+ | ___ X (5) | |
| 5. LEG RAISES | 10 X (2) =___+ | ___ X (2) | |
| 6. STEP-UPS | 20 X (1) =___+ | ___ X (1) | |
| 7. PUSH-UPS | 8 X (3) =___+ | ___ X (3) | |
| 8. LUMBAR CURLS (situps / curlups) | 10 X (1) =___+ | ___ X (1) | |
| 9. SQUAT JUMPS | 10 X (2) =___+ | ___ X (2) | |
| 10. INCLINE PUSH-UPS or BURPEES | 3 X (5) =___+ | ___ X (5) | |
| 11. MOUNTAIN CLIMBERS | 15 X (1) =___+ | ___ X (1) | |

RULES:
* 20 MINUTE TIME LIMIT. ARRANGE EVENTS IN ANY ORDER.
* COMPLETE ALL 11 EVENTS IN THE _POINTS COLUMN_ FIRST.
* RETURN TO ANY EVENT IN THE _BONUS COLUMN_.
* PERFORM ONLY A MAXIMUM OF 20 IN EACH BONUS EVENT.
* ADD YOUR SCORES BY ADDING THE _POINTS COLUMN_ TO THE _BONUS COLUMN_. THEN ADD ALL EVENTS FOR THE TOTAL.
* TIME COMPLETED _____.

TOTAL SCORE _____
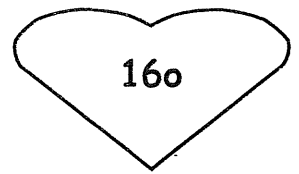
# Strength-tathalon

| | | | 1st Trial | 2nd Trial |
|---|---|---|---|---|
| 1. | Push-ups | 1 = 2points | 2x _____ | _____ |
| 2. | Sit-ups | 1 = 2pts. | 2x _____ | _____ |
| 3. | Shuttle Runs | 1 = 2pts. | 2x _____ | _____ |
| 4. | Bench Steps( use a stair) | 1 = 1pt. | 1x _____ | _____ |
| 5. | Skipping (with or without a rope) | 1 = 1pt. | 1x _____ | _____ |
| 6. | Wall Jumps | low line = 5 points | 5x _____ | _____ |
| 7. | (at wall) | high line = 10 points | 10x _____ | _____ |
| 8. | Bench Dips | 1 = 2pts. | 2x _____ | _____ |
| 9. | Star Jumps | 1 = 1pt. | 1x _____ | _____ |
| 10. | Line Jumps | 1 = 1pt. | 1x _____ | _____ |
| 11. | Mountain Climbers | 1 = 2pts. | 2x _____ | _____ |
| 12. | Crab Walking | 1 = 5pts. | 5x _____ | _____ |
| | | Total | _____ | _____ |

- Do 10 of the 11 events.
- Plan your order of events.
- *Keep score* from every event.
- **1 minute per station.**
- **30 second rest interval (between stations).**
- Do not score your total until the end - and you'll save time.

\*shuttle runs can be done the length of a room or open space - get creative!