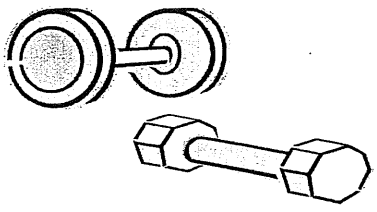
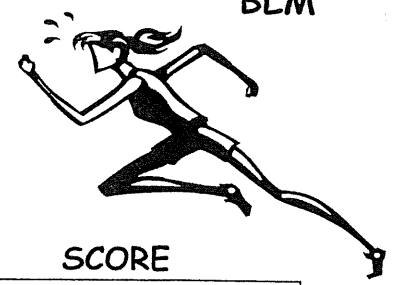


STRENGTHATHALON



BLM

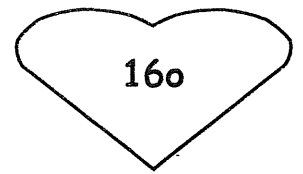


Name _____

Class _____

Date _____

| EXERCISE | POINTS () | + BONUS = | SCORE |
|--|------------------|-----------|---------------------------------|
| 1. SIT-UPS | 10 X (1) = ___ + | ___ X (1) | |
| 2. BENCH HOPS (use a step) | 10 X (2) = ___ + | ___ X (2) | |
| 3. FLANK (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) | |
| <p>RULES:</p> <ul style="list-style-type: none"> • 20 MINUTE TIME LIMIT. ARRANGE EVENTS IN ANY ORDER. • COMPLETE ALL 11 EVENTS IN THE <u>POINTS COLUMN</u> FIRST. • RETURN TO ANY EVENT IN THE <u>BONUS COLUMN</u>. • PERFORM ONLY A MAXIMUM OF 20 IN EACH BONUS EVENT. • ADD YOUR SCORES BY ADDING THE <u>POINTS COLUMN</u> TO THE <u>BONUS COLUMN</u>. THEN ADD ALL EVENTS FOR THE TOTAL. • TIME COMPLETED _____. | | | <p>TOTAL SCORE _____</p> |



BLM

Strength-tathalon

| | | | <u>1st Trial</u> | <u>2nd Trial</u> |
|--------------|--|-----------------------|-----------------------------|-----------------------------|
| 1. | Push-ups | 1 = 2points | 2x _____ | _____ |
| 2. | Sit-ups | 1 = 2pts. | 2x _____ | _____ |
| 3. | Shuttle Runs | 1 = 2pts. | 2x _____ | _____ |
| 4. | Bench Steps <i>(use a star)</i> | 1 = 1pt. | 1x _____ | _____ |
| 5. | Skipping <i>(with or without a rope)</i> | 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!*