



NATIVEX

OBSTACLE FITNESS RACE



ELITE ATHLETE

OBSTACLE & EXERCISE STANDARDS

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The Race Director may alter the Course, Obstacles, and Functional Fitness Exercises at his/her sole discretion. Be as prepared as possible, and expect the unexpected.

****If a race official instructs you to do something that is contrary to the written rules of an obstacle or functional fitness exercise, follow their verbal instructions. Failure to adhere to verbal instruction will result in ELITE Race disqualification.****

ZONE 1

Sand Bag Carry - Athletes will pick up a Sand Bag (~45#) and carry it over a set distance before returning it to where they began. The Sand Bag may be carried in any manner (shoulders, back, front, etc.) the athlete prefers, but may not be dragged along the ground. If an Athlete needs to set the sand bag down during the carry, they must not progress forward until they have picked the bag back up. At the end of the carry, bags should be set down gently, so as to not damage the bag.

4' Over Walls - Athletes will climb or jump over multiple 4' Walls in succession. When jumping/climbing over the 4' Walls, ELITE athletes are not allowed to step on or use the wall's side legs.

10x Burpee-Walking Lunges - Athletes will complete Walking Lunges from Cone A to Cone B. At Cone B, Athletes will complete 1 Burpee and then complete Walking Lunges back to Cone A, at which point the Athlete will complete another Burpee. This process of Walking Lunges, followed by a single Burpee at each cone, will be repeated for a count of 10 total Burpees. Burpees require athletes to go from a standing position, to a prone position, so that their chest touches the ground, before returning to the standing position (no jump required). Walking Lunges require that athletes knees consistently touch the ground with each lunge forward.

Rope Climb - Athletes are permitted to use both their hands and feet when ascending the Rope. At the top of the Rope, Athletes must use their hand to touch the metal frame that the Rope is attached to. ****If multiple Rope Climb repetitions are required, Athletes must have both feet return to the ground before ascending the Rope again.****

ZONE 2

25x Barbell Deadlifts - Athletes will repeatedly lift and set down a barbell with the weight required of their race division (2.5k or 5k). The weight plates on the barbell must touch the ground on every repetition. Athletes must reach full hip extension at the top of every deadlift repetition.

2.5K Male = 225# | 2.5k Female = 155# | 5k Male = 155# | 5k Female = 95#

20x Bench Step Up Burpee - Athletes must step up (no jumping) onto the bench with both feet before stepping back down with both feet and completing a push up on the bench. The Athlete's chest must touch the bench surface before the Athlete repeats the next bench step up.

Low Ninja Rig - Athletes will traverse a low monkey bar or similar climbing apparatus (cargo net, traverse rope, gymnast rings, metal poles). While traversing the Low Ninja Rig, an Athlete's foot may never touch the ground below them. At the end of the Rig, there will be a bell for the Athlete to ring to signify obstacle completion.

Farmer Carry - Athletes will pick up handle-weights (dumbbells, kettlebells, or jugs) and carry them at their sides over a set distance, before returning them to where they began. The weights may not be dragged along the ground during the carry. If an Athlete needs to set the weights down during the carry, they must not progress forward until they have picked the weights back up. At the end of the carry, weights should be set down gently, so as to not damage them.

ZONE 3

Cargo Net - Athletes will climb up and over a large Cargo Net. Athletes may use the net or metal trussing for climbing.

50x Wall Balls - Athletes will squat, throw, and catch a Wall Ball, weighted according to their race division (2.5 or 5k). Athletes must squat parallel (butt at or below knee level) on each repetition. Failure to squat properly will result in a "no rep" from the Race Officials, and may require the athlete use a bucket behind The Wall Ball must hit the metal trussing target on every repetition. Athletes must catch the ball on every repetition, and may not bounce the ball off the ground to avoid the catch. Athletes may drop the ball when resting.

2.5K Male = 30# | 2.5k Female = 20# | 5k Male = 20# | 5k Female = 14#

2 Minute Weighted Hold - Athletes will be required to stand and hold a weighted object, or perform an isometric hold (plank/wall sit), for 2 Minutes. A sand hour glass will be used to time the hold. If an Athlete rests during the hold, they must stop the sand timer (set on its side) until resuming the hold.

Ninja Rig - Athletes will traverse a monkey bar or similar climbing apparatus (vertical or horizontal poles, swinging rope or rings, cargo netting). While traversing the Ninja Rig, an Athlete's foot may never touch the ground below them. At the end of the Rig, there will be a bell for the Athlete to ring to signify obstacle completion.

ZONE 4

4x SLED Pull - Athletes will repeatedly pull a Weighted SLED backwards over a designated distance. Athletes will hook and unhook a carabiner to change the direction of the SLED. The SLED is considered to have been taken the full distance when the front of the SLED passes the designated threshold.

Cliff Hanger - Athletes will climb across a horizontal structure using only the designated hand and/or foot holds. An Athlete's foot may never touch the ground below them while making the traverse. At the end of the structure will be a bell for the Athlete to ring to signify obstacle completion.

10' Over Wall - Athletes will climb up and over a 10' Vertical Wall. When climbing over the Wall,, Athletes are not allowed to step on or use the wall's side legs.

Low Crawl - Athletes will crawl below a metal wire along a designated distance. Athletes may roll or crawl, but may not crouch or stand while attempting to progress forward.

**FOR ADDITIONAL CLARIFICATION ON ANY RULES, PLEASE EMAIL CHRIS
AT CHRIS.HARRIS@NATIVEXRACE.COM.**