


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

20x Ring Pull Up Burpees - Athletes will complete 20 reps of Pull Burpees on hanging gymnast rings. There will be varying ring heights, and athletes should choose rings that allow their arms to lock out fully overhead. Athletes must jump/pull themselves off the ground so that their chin comes above their hands on the rings, and their feet must leave the ground. Then, athletes will drop to the ground with their chest touching the ground, before standing and returning to the rings for the next Pull Up Burpee.

Sand Bag Carry - Athletes will pick up 2 Sand Bags (~45#) and carry it over a set distance before returning it to where they began. The Sand Bags 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.

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, however, they are allowed to use the mounted ledges on the wall.

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.

ZONE 2

5x 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.****

30x Single Arm Dumbbell Thruster - Athletes will complete 30 reps (15 reps on each arm) of Single Arm Dumbbell Thrusters using the weight required of their race division (2.5k or 5k). Athletes will keep the dumbbell at their shoulder when squatting down, and then press the dumbbell overhead when standing back up. Athlete's arms should be fully extended at the top of

the movement. Athletes must have their butt descend to knee level during their squat. Athletes may set the dumbbell down as necessary, but the dumbbell must return to the shoulder before beginning the next rep.

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.

10x Suitcase Carry Burpees - Athletes will complete a Single Suitcase (~50# Jug) Carry from Cone A to Cone B. At Cone B, Athletes will complete 1 Burpee and then complete the Single Suitcase (~50# Jug) Carry back to Cone A, at which point the Athlete will complete another Burpee. This process of Suitcase Carries, 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). Athletes may set their Jug down as needed, but may not make forward progress until the jug is picked back up.

ZONE 3

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.

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.

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#

ZONE 4

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

25x Slam Ball Shoulder Toss - Athletes will complete 25 reps of Slam Ball Shoulder Toss. Athletes will use the weight required by their race division (2.5k or 5k). Athletes will pick the ball up and toss it over their shoulder, with the ball dropping to the ground between each rep. Athletes must stand up fully when tossing the ball over their shoulder.

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.

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#

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