



# NATIVE X

OBSTACLE FITNESS RACE



## COMPETITIVE 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 COMPETITIVE Race disqualification.\*\*

## **ZONE 1**

**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 to use a bucket behind them. 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#

**Long AF Monkey Bars** - Athletes will traverse a LONG AF section of repeating metal poles. While traversing the monkey bars, an Athlete’s foot may never touch the ground below them, or the bars above them. At the end of the bars, there will be a bell for the Athlete to ring to signify obstacle completion. Athletes may kick the bell with their foot.

**Uphill Carry** - Athletes will carry some combination of Sand Bags and/or Water Jugs up and down a section of hill with a steep incline. Both Sand Bags and Water Jugs will weigh approximately 45#. The Sand Bags and Water Jugs 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 or Water Jug down during the carry, they must not progress forward until they have picked them back up. At the end of the carry, Sand Bags and Water Jugs should be set down gently, so as to not damage them.

**4’ Over Walls** - Athletes will climb or jump over multiple 4’ Walls in succession. When jumping/climbing over the 4’ Walls, COMPETITIVE Athletes are not allowed to step on or use the Wall’s side legs.

## **ZONE 2**

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

**Broad Jump Burpees** - Athletes will complete ~50 meters of Broad Jump Burpees. Athletes will begin with both feet next to each other, behind a designated line, at which they will jump forward to land on both feet. When an Athlete places their hands on the ground, they must be placed no more than 1ft in front of where their feet landed. Once an Athlete’s hands are on the ground,

they must kick their feet out behind them and lower their entire body, including their chest, onto the ground. When standing back up, the feet cannot pass the previous position of where the hands were placed on the ground. Athletes may step up, or leap up with both feet at the same time. Athletes may not take any steps forward between reps. The Broad Jump Burpees will be considered complete as soon as an Athlete's feet land beyond the designated finishing line (no burpee required on final jump).

**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.\*\*

**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. No lifting straps are allowed.

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

### **ZONE 3**

**10' 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, or any rope that may be provided.

**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.

**Angled Walls** - Athletes will climb up and over an inclined wall, angled towards them. Athletes may not use the supporting legs on the sides of the wall for assistance, but may use any 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 4**

**20x Single Arm Dumbbell Lunge Thruster** - Athletes will complete 20 reps (10 reps on each arm) of Single Arm Dumbbell Lunge Thrusters using the weight required of their race division (2.5k or 5k). Athletes will keep the dumbbell at their shoulder when completing a reverse lunge (knee must touch the ground), and then press the dumbbell overhead when standing back up

(full hip extension). An Athlete's arm should be fully extended at the top of the movement. Athletes may set the dumbbell down as necessary, but the dumbbell must return to the shoulder before beginning the next rep.

2.5K Male = 50# | 2.5k Female = 30# | 5k Male = 30# | 5k Female = 20#

**Low Crawl** - Athletes will crawl below metal wires along an extended stretch with their knees off of the ground. An Athlete may stop their crawl to rest with their knees on the ground, but they must pick their knees up before continuing forward.

**25x Slam Ball Step Ups** - Athletes will complete 25 reps of Bench Step Ups while holding a weighted Slam Ball. Males will use a 50# Slam Ball and Females will use a 30# Slam Ball. These weights for male and female apply to all race distances. The Slam Ball may be held on an Athlete's shoulders or in front of their belly/chest. On the Step Up, both feet must touch the top of the bench, while fully extending the hips, before stepping back down. Both feet must touch the ground between each Step Up.

Male = 50# | Female = 30#

**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.

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