

# The Heat 2025 Fitness Race - Event Standards

For Time \*Partner (60:00 Time Cap)

- 400m Partner Run
- 400m Farmers Carry
- 60 Deadlifts
- 50 Front Squats
- 40 Power Cleans
- 400m Partner Run
- 400m Farmers Carry
- 60 Toes to Bar
- 50 Pullups
- 20 Wall Walks
- 400m Partner Run
- 400m Farmers Carry
- 60 Calorie Row
- 50 Calorie Bike
- 40 Calorie Ski
- 400m Partner Run
- 400m Farmers Carry
- 25 Synchro Burpees

## Overview

- All athletes within their heat will start outside. Once the clock starts, both athletes will start their 400m partner run, following our 400m loop. They will follow the same loop for the farmers carry. For each gauntlet, they will enter the building, find their designated judge, and complete the reps. The workout will finish either when the 60:00 time cap hits or when they finish their 25th synchro burpee which will be completed at the synchro station.

## Partner Run

- Both partners will run together for this run—meaning each partner will run 400m.
- You do not have to stay with your partner but you cannot move onto the next exercise until your partner is with you.

## Farmers Carry

- Each team will have a pair of kettlebells (see weights for divisions below).
- That pair of kettlebells must be carried through the same 400m loop that you run.
- One partner must be carrying both kettlebells, you cannot let each partner take a single kettlebell.
- The kettlebells must also be in the farmer carry position, meaning it is below the hip line.
- You can switch the partner carrying the kettlebells as much as you'd like.
- You can walk, jog, or run with the kettlebells as long as these standards are met.

## Deadlifts

- For the Deadlifts, the rep will start with the barbell on the ground.
- The rep is counted once hips & knees have reached full extension and the head/shoulders are behind the bar.

## Front Squat

- The first Front Squat must begin with the barbell on the ground and can be lifted via Power Clean or Squat Clean.
- The crease of the hip must be clearly below the top of the knees at the bottom and hips/legs must reach full extension to complete the rep at the top.

#### Power Clean

- The rep will start with the barbell on the ground.
- It is counted once the bar has been brought into the front rack position (elbows are in front of the barbell) and both hips & knees are in full extension.

#### Toes to Bar

- In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. The rep is credited when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

#### Hanging Knee Raise

- In the hanging knee-raise, the arms and hips must be fully extended at the bottom and the heels must be brought back behind the bar. Overhand, underhand, or mixed grip are all permitted. The rep is credited when the knees are above the height of the hips.

#### Pullups

- Athletes can start by jumping or stepping on a plate to get to the pull-up bar and a rep is completed once the chin clearly goes above the bar and finishes when the arms are fully extended at the bottom. Reps can be done strict, kipping, or butterfly style.

#### Seated Inverted Row

- A barbell will be placed on the rig and locked down at approximately 41 inches.
- Athletes will then start under the barbell, with their butt on the ground and grabbing onto the bar.
- There will be a taped line in front of the rig that their feet must be in front of and cannot touch.
- The seated row will start with the butt on the ground and arms fully extended, then the rep will finish once any part of the chest touches the barbell. Athletes can use feet & hips to help them reach the bar.

#### Wall Walk

- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- There will be a line of tape for men (60 inches from wall) and a line for women (55 inches). Then a line for both 10 inches from the wall.
- At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is OK).
- Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must be on the 10-inch line before the athlete may descend.
- Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.

- The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.

#### Modified Wall Walk

- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must be in front of the 55 inch tape line.
- No part of the hand may be touching the line.
- Both hands must remain in front of the tape until both feet are on the wall.
- The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line.
- The fingers may NOT be touching the tape line.
- On the descent, the feet must remain on the wall until both hands are in front of the tape line.
- No part of the hand may be touching the line.
- The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground

#### All Machines

- Machines will be turned on by the athletes and must start at 0 calories.
- For the machine exercises, there will be different calorie totals depending on male/male, female/female, and male/female.
- Male/male will complete the listed calories. Female/female will complete 48 row, 40 bike, and 32 ski. Male/female will complete 54 row, 45 bike, and 36 ski.

#### Synchro Burpees

- Each athlete must complete 25 burpees in synchronization with their partner.
- The rep starts with both athletes' chest touching the floor at the same time and finishes once both are standing with legs & hips at full extension.
- There is no need to jump. We are looking for full extension at the top.
- You can drop faster or stand up faster than your partner but both of your chests must be on the ground at the same time before you can stand up and you both must be standing at full extension before you can drop down into the next rep.

#### Weights

- Male/Male Rx
  - Kettlebells: 53lb Pair
  - Barbell: 135lb
- Male/Male Scaled
  - Kettlebells: 53lb Pair
  - Barbell: 95lb
- Female/Female Rx
  - Kettlebells: 35lb Pair
  - Barbell: 95lb
- Female/Female Scaled
  - Kettlebells: 35lb Pair
  - Barbell: 65lb
- Male/Female Rx & Scaled
  - Kettlebells: One 53lb KB and one 35lb KB

- Barbell: Two barbells (one male, one female) at the same weight as division standard (Rx & Scaled)