



SUPER STRENGTH

RULEBOOK



SUPER STRENGTH OFFERS 2 DIVISIONS PER GROUP. THE GROUP DIVISIONS DIFFER IN THE WEIGHT USED DURING EACH MOVEMENT.

Workout	Female		Male	
	Warriors	Gladiators	Warriors	Gladiators
100 Goblet Squats	12kg Kettlebell	16kg Kettlebell	20kg Kettlebell	24kg Kettlebell
100 DB Bench Press	2 x 7.5kg Dumbbells	2 x 10kg Dumbbells	2 x 15kg Dumbbells	2 x 17.5kg Dumbbells
100 TRX Row	Feet On Line 1	Feet On Line 2	Feet On Line 1	Feet On Line 2
100 Bench Dips	Bent Knees	Straight Legs	Bent Knees	Straight Legs

Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest time.

The Workout

Super Strength is an individual workout. The workout consists of a 100 Rep Challenge. In order to complete the entire workout, the participants must complete the workout in the designated order and complete 100 reps of each exercise. The reps must be completed together. However, rest times can be taken as needed.

Workout Rules and Regulations

- Complete all workouts, in the correct order
- Perform each exercise according to the movement standards
- Complete the correct number of repetitions.
- Ring the bell to complete the workout

Referees

A referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. All decisions of the referee are final.

Movement Standards, Distances and Weights

The assignment to the equipment for each workout station will be allocated by your referee.

Goblet Squat

- Starting position is holding the Kettlebell at the chest
- At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°).
- If necessary, the referee may use a box that to make sure the athlete's squat is low enough.

Dumbbell Bench Press

- The starting position is lying on the bench with the weights pressed into the air
- The athlete lowers the weights to the sides of their chest until slight stretch is felt in the chest of shoulder.
- Feet can either be placed on the floor or up on the bench

TRX Row

- The athletes feet must remain on one of the marked lines when doing the exercise.
- The knees, hips and shoulders must stay in alignment at all times
- Dropping and thrusting the hips forward to gain momentum is not allowed.
- At the top of the movement the handles must be on either side of the athletes chest.

Bench Dips

- The athlete starts with elbows fully extended and bum off of the bench.
- During each dip, the athletes bum must touch the pink pad.
- A repetition ends with the elbows returning to the fully extended position.

In order to complete the workout, each team must ring the bell.