

»UFIT
GAMES

SUNDAY
OCTOBER 4th

MOVEMENT STANDARDS

MOVEMENT	EVERYDAY FEMALE	EVERYDAY MALE	ADVANCED FEMALE	ADVANCED MALE
SPRINT	15m	15m	20m	20m
DEADLIFT	Trap Bar	Trap Bar	15kg Olympic Bar	20kg Olympic Bar
SINGLE ARM DB SNATCH	7.5kg	15kg	15kg	25kg
KETTLEBELL SWING	12kg	20kg	20kg	28kg
DUAL DB THRUSTER	2 x 5 kg	2 x 10 kg	2 x 10 kg	2 x 15 kg
MEDICINE BALL CARRY	10kg	20kg	20kg	30kg
RUN	1km	1km	2km	2km

MOVEMENT	EVERYDAY MIXED	ADVANCED MIXED
SPRINT	15m	20m
DEADLIFT	Trap Bar	20kg Olympic Bar
SINGLE ARM DB SNATCH	Female 7.5kg / Male 15kg	Female 15kg / Male 25kg
KETTLEBELL SWING	Female 12kg / Male 20kg	Female 20kg / Male 28kg
DUAL DB THRUSTER	Female 2 x 5kg / Male 2 x 10kg	Female 2 x 10kg / Male 2 x 15kg
MEDICINE BALL CARRY	15kg	20kg
RUN	1km	2km