

CrossFit Challenge - 2019

Stations and activities

Team formation rules:

- Specify team names
- A team should consist of 4 members.
- Team should consist of four members with at least one boy and a girl

General Rules

- Total number of stations are 7
- Event starts at station 1 and then any order of stations can be followed
- Time for each activity will be recorded at the respective station
- Cumulative time will determine the winning team
- Individual event rules will be conveyed at the respective stations

❖ **Team with minimum cumulative time will be awarded as the ‘Winning Team of IIT Gandhinagar CrossFit Challenge 2019’**

Coordinators for the events:

- Vicky Rana
- Swaroop Chakraborty
- Akshay Srivastava
- Manasi Wali

Station 1: Speed and stamina - Run (400m)

(All team members should participate simultaneously)



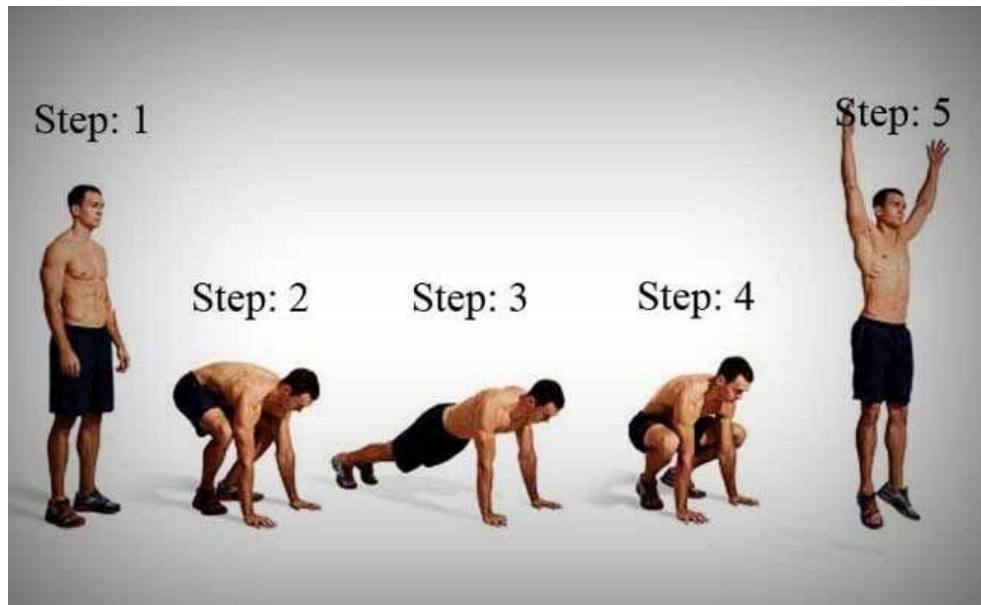
Station 2: Explosive Strength - Box Jump (100 per team)



Station 3: Power - Flip a Tire (40 flips per team)



Station 4: Cardiovascular/respiratory endurance – Burpees (100 per team)



Station 5: Flexibility and core - sitting twists passes (team) (10 passes)

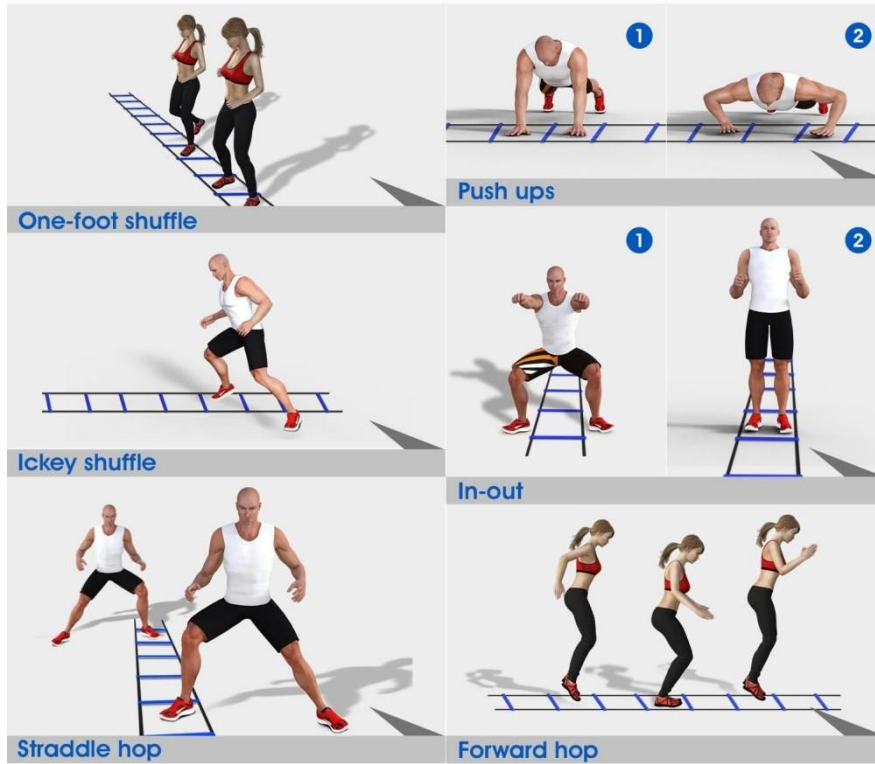


Station 6: Agility - Agility ladder

This station would consist of two activities:

- 1. Agility pushups 40 per team**
- 2. Ickey shuffle by whole team 8 rounds**

AGILITY LADDER DRILLS



Station 7: Balance - Jumping lunges (80 lunges per team)



Further aspects targeted:

- Coordination
- Stamina
- Accuracy

(Number of reps are subject to change, final will be conveyed at the day of event)

Summary of the event:

Station 1: Speed and stamina - Run (All members simultaneously)

Station 2: Explosive Strength - Box Jump (100)

Station 3: Power - Flip a Tire (40)

Station 4: Cardiovascular/respiratory endurance – Burpees (100)

Station 5: Flexibility and core - sitting twist passes (10 passes per team)

Station 6: Agility - Agility ladder (PU 40)

Station 7: Balance - Jumping lunges (80)