

# DECATHLON CHALLENGE




- Start your stop watch at the start of the challenge & Stop it when you complete ALL.
- For EACH event you fail to complete, 2 mins gets added onto your overall time
- The winner is the one with the quickest overall time.
- The winning time will be re-verified by a member of the fitness team

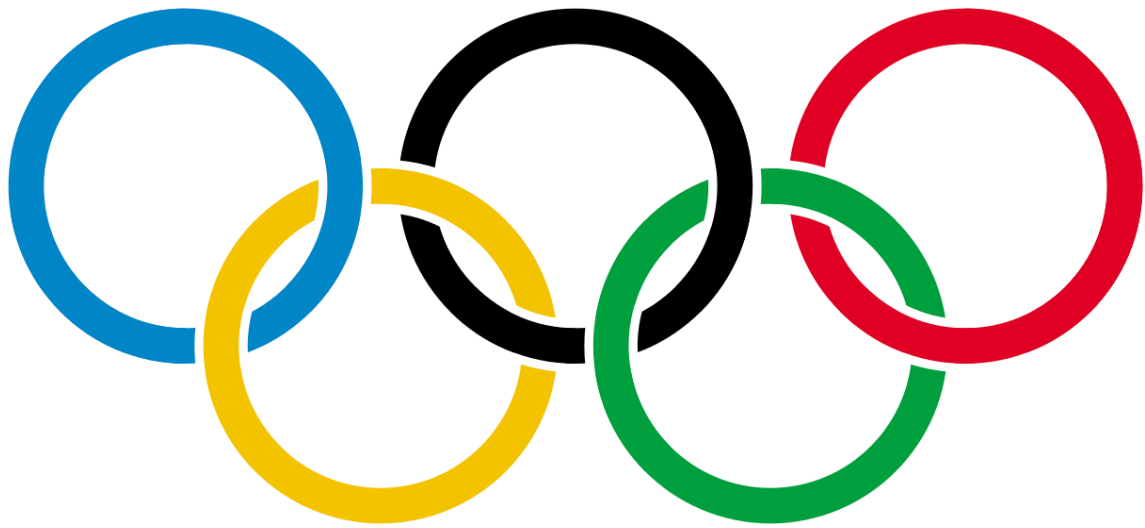
<b>Event no</b>	<b>Actual Event</b>	<b>Gym Challenge</b>
1	110m Hurdles	5 mins AMT – LV 10
2	Long Jump	20 x Frog Jumps
3	100m Sprint	20 x Mountain Climbers
4	400m Sprint	Complete 0.38 KM on the treadmill
5	Pole Vault	20 x Burpee tuck jump
6	High Jump	30 x TRX Squat Jumps
7	Shot Put	30 x 9kg Slam Ball
8	Discus Throw	60 sec Side Raise Hold (both Arms) – 3kg
9	Javelin Throw	Single arm Dumbbell Clean & Press – 20 (each arm) – 10kg
10	1500m	Complete 1.5 KM on the treadmill



# DECATHLON CHALLENGE

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# HEPTATHLON CHALLENGE

- Start your stop watch at the start of the challenge & Stop it when you complete ALL.
- For EACH event you fail to complete, 2 mins gets added onto your overall time
- The winner is the one with the quickest overall time.
- The winning time will be re-verified by a member of the fitness team

<b>Event no</b>	<b>Actual Event</b>	<b>Gym Challenge</b>
1	100m Hurdles	5 mins AMT – LV 7
2	High Jump	30 x TRX Squat Jumps
3	200m Sprint	30 x Mountain climbers
4	Long Jump	20 Frog Jumps
5	800m	Complete 0.78 KM on the treadmill
6	Shot Put	30 x 7kg Slam Ball
7	Javelin Throw	Single arm Dumbbell Clean & Press – 20 (each arm) – 6kg



# HEPTATHLON CHALLENGE

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