

FAMILY FIVER



THE HOME-BOUND HERO RACE

NAME: _____ RACE#: _____

#	OBSTACLE	DESCRIPTION	REPS	TICK IF COMPLETED
1	Squat Jumps	Squat down and jump up on the spot	20	
350 M Run				
2	Tricep Dips	Use a chair or any piece of furniture	20	
350 M Run				
3	Hang man	Hang on something with all your body weight for 20 seconds	1	
350 M Run				
4	Bear Crawl	Walk on your hands and feet for 10 meters, keeping your hips as low as possible	1	
350 M Run				
5	Up and Over	Find a wall at least 1 meter high to climb over	1	
350 M Run				
6	Roll-Ups	Roll back and try get up again without using your hands	10	
350 M Run				
7	Push-Ups	Push-Up, down and back up again	15	
350 M Run				
8	Weight Carry	Carry a 5kg weight on your 350 M Run	1	
350 M Run				

START TIME: _____ FINISH TIME: _____ TOTAL TIME: _____

#BeAHero
#Reachforadream



2020 LOCKDOWN
CHALLENGE

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#	OBSTACLE	DESCRIPTION	REPS	TICK IF COMPLETED
9	Net Crawl	Crawl on your elbows and knees for 30 meters	1	
350 M Run				
10	Mountain Climbers	In an upright plank position, bring your knees forward and back again	15	
350 M Run				
11	Star-Jump Toe Taps	At the bottom of the Star-Jump, Touch your Toes and jump back up again	20	
350 M Run				
12	Flutter Kicks	Lying on your back, raise your legs off the ground and move them up and down, keeping your legs straight and knees slightly bent	20	
350 M Run				
13	Weighted Squats	With a 1kg weight in either hand, squat down and back up again	20	
350 M Run				
14	High Knees	Running on the spot, count to 20	20	
350 M Run				
15	Plank	1 minute plank	1	
Well Done! You have completed the Challenge!				

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