

## HEROS FOR A DAY THE HOME-BOUND HERO RACE NAME:\_\_\_\_\_ RACE#:\_\_

#	OBSTACLE	DESCRIPTION	REPS	TICK IF COMPLETED
		500 M Run	1.12.	58 N. 1
1	Weighted Squats	10 kg weight for males and 5 kg weight for females	20	46
	The States of States	500 M Run	139. 1	128 1
2	Wide-Grip Push Ups	Push up down and back up again	20	
	States and a second second	500 M Run	S. Sala	175 30
3	Cargo/Leopard Crawl	Crawl on your Knees and Elbows for 30 M	1	A STA
- 3		500 M Run	and the	大学の 二丁素
4	Up and over climb	Climb Up and Over a wall at least 1 meter high	1	t in
2	State of	500 M Run	A S.	
5	Tricep Dips	Find a chair to do Tricep Dips on	20	1. 2. 5. 5
24	and the second of the	500 M Run	faller.	and the second
6	Weight Carry	10 kg weight for females and 20 kg weight for males – take this weight with you on your next run	1	Constant States
	12 10	500 M Run	12	States and
7	Plank	2 minute Plank	1	Seales -
	Fron Mit & el	500 M Run	AV	A DESCRIPTION OF
8	Jumping/Plyometric Lunges	Jumping Lunges	20	1. 3.6
34	No. of Contract of	500 M Run	F.S.	and the second
9	Bear Crawl	50 Meter Bear Crawl keeping your knees of the ground	1	and the second
-	here there is	500 M Run	126 20-0	and the second
10	Box Jump	Jump up and down onto a box or item at least 50cm high	20	Start .
11	Pull-Ups	20x Pull-Ups for Men, 10x Pull-Ups for Ladies	20	1

START TIME: #BeAHero #Reachforadre

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FINISH TIME:

TOTAL TIME:\_

2020 LOCKDOWN

ALLENGE



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#	OBSTACLE	DESCRIPTION	REPS	TICK IF COMPLETED
	ANTINE SPE	500 M Run	1 12 3	CS N
12	Farmers Walk/Carry	10 kg weight for females and 20 kg weight for males, Take this weight with you on your next run	1	15
100	A CONTRACTOR OF	500 M Run	Carton and	and the second second
13	Burpees	Burpees	30	Cold State
	and the first	500 M Run	A MARINE	and the
14	Hanging Leg Raises	Hanging from your hands, lift your knees up to your chest	10	245
1	The second	500 M Run	1.2.1	1000 m
15	Pick Me Ups Shoulder Taps	Start in a plank position on your hands, transition down to your hands as you are coming back up again, tap each shoulder with your alternate hand	20	
24	and the second second	500 M Run	Lales .	1000
16	Ski-Sit	Get down low and hold a squat position for 60 seconds	1	S IS YEAR
1.64	Local And	500 M Run	Cont in	State of the second
17	Mountain Climbers	In an Upright plank position, bring your knees forward and back again	20	10.000
	A DECEMBER OF	500 M Run	and the second	Station of Land
18	Hang Man	Hang on something with all your body weight off the ground for 60 seconds	1	
5.3		500 M Run	2	Real Proves
19	Close Grip Push-Up	Push up activating the triceps	20	
-	A COMPANY OF	500 M Run	The second	100
20	Sit-Ups	Sit-Ups	20	Los States
	CHO TO TRAN	500 M Run	and the second	100 - 10 - 10 - 10 - 10 - 10 - 10 - 10

START TIME:

#BeAHero

#Reachforadream

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2020 LOCKDOWN

CHALLENGE