

# HEROS FOR A DAY



## THE HOME-BOUND HERO RACE

NAME: \_\_\_\_\_ RACE#: \_\_\_\_\_

| #                | OBSTACLE                  | DESCRIPTION  | REPS | TICK IF COMPLETED |
|------------------|---------------------------|--|------|-------------------|
| <b>500 M Run</b> |                           |  |      |                   |
| 1                | Weighted Squats           | 10 kg weight for males and 5 kg weight for females   | 20   |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 2                | Wide-Grip Push Ups        | Push up down and back up again   | 20   |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 3                | Cargo/Leopard Crawl       | Crawl on your Knees and Elbows for 30 M  | 1    |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 4                | Up and over climb         | Climb Up and Over a wall at least 1 meter high   | 1    |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 5                | Tricep Dips               | Find a chair to do Tricep Dips on  | 20   |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 6                | Weight Carry              | 10 kg weight for females and 20 kg weight for males – take this weight with you on your next run | 1    |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 7                | Plank                     | 2 minute Plank   | 1    |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 8                | Jumping/Plyometric Lunges | Jumping Lunges   | 20   |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 9                | Bear Crawl                | 50 Meter Bear Crawl keeping your knees of the ground   | 1    |                   |
| <b>500 M Run</b> |                           |  |      |                   |
| 10               | Box Jump                  | Jump up and down onto a box or item at least 50cm high   | 20   |                   |
| 11               | Pull-Ups                  | 20x Pull-Ups for Men, 10x Pull-Ups for Ladies  | 20   |                   |

START TIME: \_\_\_\_\_ FINISH TIME: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

#BeAHero  
#Reachforadream



2020 LOCKDOWN  
CHALLENGE

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| #   | OBSTACLE                  | DESCRIPTION  | REPS | TICK IF COMPLETED |
|---|---------------------------|--|------|-------------------|
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 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    |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 13  | Burpees                   | Burpees  | 30   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 14  | Hanging Leg Raises        | Hanging from your hands, lift your knees up to your chest  | 10   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 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   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 16  | Ski-Sit                   | Get down low and hold a squat position for 60 seconds  | 1    |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 17  | Mountain Climbers         | In an Upright plank position, bring your knees forward and back again  | 20   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 18  | Hang Man                  | Hang on something with all your body weight off the ground for 60 seconds  | 1    |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 19  | Close Grip Push-Up        | Push up activating the triceps   | 20   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| 20  | Sit-Ups                   | Sit-Ups  | 20   |                   |
| <b>500 M Run</b>                                    |                           |  |      |                   |
| <b>Well Done! You have completed the Challenge!</b> |                           |  |      |                   |

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