JUNIYA HERO



THE HOME-BOUND HERO RACE

NAME:	RACE#:

	STATE OF THE PARTY OF	CONTRACTOR DISCOSION DE	MATERIAL III	0.0 MB
#	OBSTACLE	DESCRIPTION	REPS	TICK IF Completed
1	Squat Jumps	Squat down and jump up on the spot	10	WAY
50 M Run				A. 9 1 3
2	Push-ups	Push up down to the ground and up	10	(CZ2)
15	STOP IS	50 M Run	- WAS 15	W. HO
3	Crawl	Crawl on your Knees and elbow for 20 M	1	ENIS
35	X 20 2			
4	Up and over climb	Jump over something at least the height of a 30 cm ruler	5	
2	The same of the sa	50 M Run	134	1000 CAS
5	Sit-up's	Sit-up's	10	No. of the
1	STORE STORES	50 M Run	107 AV	No. of Street, or other Persons
6	Carry	Any 1kg item carry for 20 M (ex: bucket, log)	1	
	303	50 M Run	4	
7	Step Run	Run up and down a step	10	3.13
	任即将近次中的	50 M Run	2/2/9	S. 35 & 1
8	Frog Jump	Leap frog/Frog Jump for 20 M	1	TO SHEET
		50 M Run	-	
9	Star-Jumps	Star jumps	10	- MARIE
107.0	Mary Mary	50 M Run	BUNN I	March St.
10	Hangman	Hang on something for 10 seconds with all your weight (ex: from a rope, wall)	The second	第四十
			THE RESERVE OF	THE RESERVE TO BE SEEN THE PERSON OF THE PER

50 IVI Run

START TIME: ____ FINISH TIME: ____ TOTAL TIME:







