

JUNIYA HERO



THE HOME-BOUND HERO RACE

NAME: _____ RACE#: _____

#	OBSTACLE	DESCRIPTION	REPS	TICK IF COMPLETED
1	Squat Jumps	Squat down and jump up on the spot	10	
50 M Run				
2	Push-ups	Push up down to the ground and up	10	
50 M Run				
3	Crawl	Crawl on your Knees and elbow for 20 M	1	
50 M Run				
4	Up and over climb	Jump over something at least the height of a 30 cm ruler	5	
50 M Run				
5	Sit-up's	Sit-up's	10	
50 M Run				
6	Carry	Any 1kg item carry for 20 M (ex: bucket, log)	1	
50 M Run				
7	Step Run	Run up and down a step	10	
50 M Run				
8	Frog Jump	Leap frog/Frog Jump for 20 M	1	
50 M Run				
9	Star-Jumps	Star jumps	10	
50 M Run				
10	Hangman	Hang on something for 10 seconds with all your weight (ex: from a rope, wall)		
50 M Run				

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

#BeAHero
#Reachforadream



2020 LOCKDOWN
CHALLENGE