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| **Indoor Gym** |
| Pre- set distance starting from level 0 |
| Foot must touch **OVER** the line on or before each bleep **(ONE WARNING** |
| **PERMITTED)** |
| You must wait for the bleep before you complete your next shuttle. |
|  |
| **Points:** Based on highest level achieved |

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| **- Gym Test** |
|  |
| **Indoor Gym** |
|  |
| **Men**  **Woman** |
| Chin Ups   Press ups |
| Two minutes Rest Two minutes Rest |
| Medicine Ball Sit Ups    Medicine Ball sit ups |
| Two minutes Rest Two minutes rest |
| Kettle Bell Raise Kettle Bell Raise |
| Two minutes Rest Two minutes Rest |
| Burpees Burpees |
|  |
| **Points: Each discipline carries its own individual score** |

**Guide Notes**

**Chin Ups Test** is conducted as follows: **Press Ups**



* Hang from the bar, palms facing your body As directed
* Pull up until your chin is level with the bar
* Lower until you arms are straight
* Repeat as many times as possible

Record the total number of reps until failure

**Medicine Ball Sit Ups** is conducted as follows:



Lie on the mat with the knees bent, feet off the floor not crossed and back off floor.



Holding the medicine ball twist touching the ball on either side of your body so it touches the floor.



Touching both sides is 1 rep.



Complete until failure either through fatigue or feet or shoulder blades touches the floor.



**Burpees** are conducted as follows



From standing position (straight back)



Into squat thrust position- complete 1 squat thrust



Return to standing position (straight back) to complete 1 rep.



**Kettle Bell Raise** is conducted as follows:



Men

Use left or right arm to lift bell to side at 90 degree angle



Hold in this position as long as you can



Women

Hold the kettle bell with both hands in front of you at 90 degrees



Hold this position as long as you can



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| **- Cricket Ball Throw** |
| Potters Field |
|  |
| Standard size cricket ball used |
| Best distance of three throws measured from throw line. |
| Measured from where the ball **lands** not where is rolls. |
| **Points:** Based on furthest distance thrown from throw line. |
|  |

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| **- Indoor Rowing** |
|  |
| **Gymnasium** |
|  |
| Rowing over 10 minutes duration |
| Approved Rowing machines used on site |
| Resistance setting is competitor’s choice |
| Total Distance recorded |
|  |
| **Points:** Based on distance travelled in metres in given 10 minutes |
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|  |
| - **Orienteering** |
|  |
| **Outdoors within Potters Property Boundary to include beach** |
| **Cross country with no roads** |
| **No Marshalls Required** |
|  |
| Combined navigation exercise with distance run |
| Distance circa 5-10 kilometres |
| Each competitor provided with map and compass and a control card that indicates description of places to visited |
| One minute allowed studying map and orientating before start |
| Interval start from given location with at least two minutes between each competitor |
| Competitors navigate around series of check-points in numbered sequence shown on map |
| Competitor clips control card at each checkpoint with unique control punch |
| In the unlikely event of a check-point kite/punch being stolen an orange reflective number will also be displayed at the checkpoint. This number would be recorded as a back-up to verify your visit |
| Any choice of route between check-points |
| Timed from start to finish |
| No points awarded if any one checkpoint is missed |
|  |
| **Points:** Based on fastest time and having visited every checkpoint |