



Orbit4 X400 Challenge – Movement Standards

Round	Exercise	Movement Standards
1	Run	Each team member must fully cross the 10m finish line before swapping to the next team member.
2	Farmers Walk	KB's must be carried with both arms extended by the persons sides. Each team member must fully cross the 10m finish line, placing both KB's down on the ground before swapping to the next team member.
3	Run	Each team member must fully cross the 10m finish line before swapping to the next team member.
4	Walking Lunge	During each lunge, the trailing knee must touch the ground. The knees and hips must fully extend at the top of each lunge. Each team member must fully cross the 10m finish line before swapping to the next team member.
5	Run	Each team member must fully cross the 10m finish line before swapping to the next team member.
6	Bear Crawl	Each 10m length must be started with both hands on the ground behind the start line. Crawl on all fours (hands & feet – NOT knees). There should be at least one hand and one foot on the floor at all times. The exerciser can rest at any point during a 10m length (on their knees or standing), but must resume the remainder of their 10m length from the same point. Each team member must fully cross the 10m finish line before swapping to the next team member.
7	Run	Each team member must fully cross the 10m finish line before swapping to the next team member.
8	Burpee Broad Jump	Each 10m length must be started by completing a Burpee with both hands behind the start line. The person can either jump or step back, at which point both the chest and thighs must touch the floor. The person can then jump or step out of the Burpee. During the Broad Jumps both feet must take off and land simultaneously in a parallel position. Each team member must fully cross the 10m finish line before swapping to the next team member.