STRENGTH ENDURANCE

This discipline consists of completing a prescribed sequence of basic exercises as quickly as possible. Two athletes compete at a time, with each athlete timed individually. Both athletes start simultaneously, and the clock stops when the athlete touches the marked post.

Judges monitor the athletes and provide guidance during the performance. **NB!: All exercises must be performed with strict form.**

Footwear is mandatory during competition. Rankings are determined by the sum of the times from all three rounds. The competition briefing takes place 30 minutes before the first round. Additional information will be emailed to registered participants in advance.

The exercise lists are on the following pages. Categories: U8; U10; U12; U14; U16; U18; Men; Women; Seniors. There is a separate routine for adaptive athletes.

Age categories are determined by the age the athlete turns during the current calendar year.

Example: An athlete who is currently 13 and turns 14 this year may compete in U14. An athlete who is currently 14 and turns 15 this year may not compete in U14 and moves up to the U16 category. The senior category is for athletes aged 35 and over.

If fewer than 4 athletes enter an age category, it will be merged with an older age category.

FAQ

- Squats must reach 90 degrees, with the arms extended straight forward.
- During squat jumps, the knees must straighten in the air.
- For U8 and U10, burpees are performed without a push-up.

Prohibited at the competition venue

- Smoking (including e-cigarettes)
- Littering
- Offensive language
- Use of personal speakers
- Physical altercations
- Weapons
- Narcotic substances
- Pyrotechnics

For further information, please email info@kalisteenika.ee.

CONTENTS

Page 3 U8 BOYS & GIRLS

Page 4 U10 BOYS & GIRLS

Page 5 U12 BOYS & GIRLS

Page 6 U14 BOYS & GIRLS

Page 7 U16 BOYS

Page 8 U16 GIRLS

Page 9 U18 BOYS

Page 10 U18 GIRLS

Page 11 MEN

Page 12 SENIOR MEN

Page 13 WOMEN

Page 14 SENIOR WOMEN

Page 15 ADAPTIVE ATHLETES

U8 BOYS & GIRLS

ROUND 1

Box jumps - 5

Squat jumps - 10

Burpees - 5

Jumps over a rope (30 cm high) - 15

ROUND 2

Kneeling push-ups - 10

Sit-ups - 15

Push-ups - 5

Mountain climbers - 20

ROUND 3

Hanging knee raises - 5

Sit-ups - 15

Burpees - 5

Mountain climbers - 20

Squats - 15

U10 BOYS & GIRLS

ROUND 1

Box jumps - 5

Squat jumps - 15

Jumps over a rope (30 cm high) - 20

Burpees - 5

ROUND 2

Squats - 15

Australian pull-ups - 10

Push-ups - 7

Sit-ups - 15

Mountain climbers - 20

ROUND 3

Hanging knee raises - 8

Sit-ups - 20

Burpees - 5

Mountain climbers - 30

Split squats - 20

U12 BOYS & GIRLS

ROUND 1

Squat jumps - 20

Box jumps - 5

Jumps over a rope (30 cm high) - 20

Burpees - 8

ROUND 2

Sit-ups - 20

Australian pull-ups - 15

Squats - 20

Push-ups - 5

Mountain climbers - 20

ROUND 3

Hanging knee raises - 10

Jumps over an obstacle - 20

Sit-ups - 20

Burpees - 5

Bench dips on a box - 10

U14 BOYS & GIRLS

ROUND 1

Squat jumps - 15

Jumping split squats - 20

Mountain climbers - 30

Squats - 20

ROUND 2

Australian pull-ups - 15

Squats - 15

Sit-ups - 20

Push-ups - 15

Bench dips on a box - 20

ROUND 3

Push-ups - 10

Knee raises in support on parallel bars - 20

Mountain climbers - 30

Jumps over a rope (30 cm high) - 40

Sit-ups - 20

U16 BOYS

ROUND 1

Squats - 20

Jumps over a rope (30 cm high) - 25

Squat jumps with a half turn - 8

Jumping split squats - 16

Box jumps - 8

ROUND 2

Australian pull-ups - 12

Parallel-bar dips - 12

Sit-ups - 25

Burpees - 8

Mountain climbers - 25

ROUND 3

Chin-ups (underhand grip) - 3

Hanging knee-to-chest raises - 10

Parallel-bar dips - 15

Squat jumps - 20

Mountain climbers - 25

Pull-ups (overhand grip) - 2

U16 GIRLS

ROUND 1

Squat jumps - 15

Jumping split squats - 10

Jumps over a rope (30 cm high) - 20

Squat jumps with a half turn - 15

ROUND 2

Knee raises in support on parallel bars - 12

Australian pull-ups - 10

Push-ups - 15

Mountain climbers - 25

Bench dips on a box - 12

ROUND 3

Hanging knee-to-chest raises - 10

Box jumps - 12

Push-ups - 15

Burpees - 10

U18 BOYS

ROUND 1

Squats - 20

Jumps over a rope (30 cm high) - 30

Squat jumps with a half turn - 10

Jumping split squats - 20

Box jumps - 10

ROUND 2

Military pull-ups - 10

Parallel-bar dips - 15

Sit-ups - 30

Burpees - 10

Mountain climbers - 30

ROUND 3

Pull-over on the bar - 5

Hanging knee-to-chest raises - 20

Parallel-bar dips - 20

Squat jumps - 30

Mountain climbers - 30

Pull-ups - 5

U18 GIRLS

ROUND 1

Squat jumps - 20

Jumping split squats - 10

Jumps over a rope (30 cm high) - 20

Squat jumps with a half turn - 20

ROUND 2

Knee raises in support on parallel bars - 15

Australian pull-ups - 15

Push-ups - 20

Mountain climbers - 30

Bench dips on a box - 15

ROUND 3

Hanging knee-to-chest raises - 20

Box jumps - 15

Push-ups - 20

Burpees - 15

MEN

ROUND 1

Single-leg squats on a box, left leg - 5

Single-leg squats on a box, right leg - 5

Box jumps - 20

Squats - 25

Jumps over a rope (30 cm high) - 40

ROUND 2

Pull-ups - 5

Straight-bar dips - 20

Military pull-ups - 10

Parallel-bar dips - 20

Push-ups - 30

ROUND 3

Chin-ups (underhand grip) - 8

Burpees - 20

Hanging knee raises - 40

Straight-bar dips - 40

Box jumps - 20

Pull-ups (overhand grip) - 5

SENIOR MEN

ROUND 1

Single-leg squats on a box, left leg - 5

Single-leg squats on a box, right leg - 5

Box jumps - 15

Squats - 20

Jumps over a rope (30 cm high) - 30

ROUND 2

Pull-ups - 5

Straight-bar dips - 20

Parallel-bar dips - 15

Push-ups - 25

Military pull-ups - 6

ROUND 3

Chin-ups (underhand grip) - 5

Burpees - 15

Hanging knee raises - 30

Straight-bar dips - 30

Box jumps - 15

Pull-ups (overhand grip) - 5

WOMEN

ROUND 1

Squats - 30

Jumps over a rope (30 cm high) - 30

Mountain climbers - 30

Box jumps - 15

Burpees - 5

ROUND 2

Parallel-bar dips - 15

Australian pull-ups - 15

Straight-bar dips - 10

Bench dips on a box - 20

Push-ups - 15

ROUND 3

Sit-ups - 25

Bench dips on a box - 20

Box jumps - 10

Burpees - 15

Push-ups - 15

SENIOR WOMEN

ROUND 1

Squats - 25

Jumps over a rope (30 cm high) - 20

Mountain climbers - 30

Box jumps - 15

Burpees - 5

ROUND 2

Push-ups - 10

Australian pull-ups - 15

Sit-ups - 15

Bench dips on a box - 15

Squats - 20

ROUND 3

Sit-ups - 15

Bench dips on a box - 15

Box jumps - 10

Burpees - 15

Push-ups - 15

ADAPTIVE ATHLETES

ROUND 1

Squats - 20

Jumps over a rope (30 cm high) - 10

Mountain climbers - 10

Burpees - 10

ROUND 2

Hanging knee raises - 5

Push-ups - 5

Opposite-shoulder taps in a plank position - 10

Sit-ups - 10

ROUND 3

Sit-ups - 10

Jumps over a rope (30 cm high) - 10

Mountain climbers - 10

Burpees - 5