



# STRENGTH ENDURANCE 2023

Rulebook

# EUCE



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# THE SPORT OF BODYWEIGHT

Strength endurance is the discipline that represents The Sport of Bodyweight where all exercises are done in STRICT FORM with NO additional weights.

Athletes go simultaneously all together against each other in a race to see who has the best Strength Endurance finishing the competition routines first. All repetitions have to be done in STRICT FORM. 3 Competition rounds in total.

The discipline where bodyweight categories, speed, techniques, strength, endurance, high-rep exercises, and variation of difficulty levels make these routines an unpredictable race and enjoyable to watch.

Strength Endurance is the foundation of any other Calisthenics sports discipline, the basis of training bodyweight and the discipline where any athlete can test his maximal potential to see his personal, physical and mental progressions.

Test your skills and compete in strength endurance at the European Championship during the EUCE | European Calisthenics fair 2023 in The RAI Amsterdam.







Athletes from 10 European countries will win a variation of prizes, travelling to Amsterdam, Accommodation and Food paid, medals, certifications, sponsorship opportunities, social media engagements and most important of all: Honor!

The event will be broadcasted on TV and ONLINE which makes all national teams and athletes highly motivated to compete and show all the best creativity they have inside them for maximum potential in this new Calisthenics top sport discipline:  
STRENGTH ENDURANCE

STRENGTH ENDURANCE attracts many spectators and an impressive crowd which ensures many emotions during the event. The SE-RACES are engaging, and entertaining and create Interaction with the audience to make you become part of the SE-RACE. Just come and experience this incredible Strength Endurance championship yourself at the European Championship during the EUCE | European Calisthenics Fair 2023 in Amsterdam The RAI.

**rai**  
AMSTERDAM

# QUALIFICATIONS | EUCE

## WHO CAN QUALIFY?

10 European Countries: FR / BG / SRB / IE / IT / PT / LV / RO / GR / NL

### TYPES OF QUALIFICATIONS:

1. Athletes with a GOLDEN invitation by their National Federations to compete in Amsterdam on; "The Invitationals" for the European Strength Endurance Championship
2. National Championships which are pre-announced for qualifications of "The European Championship"
3. E-Games qualifications: 10 wild card spots per category

### CATEGORIES:

MALE -75 KG; 1st and 2nd place qualify

MALE +75 KG; 1st and 2nd place qualify

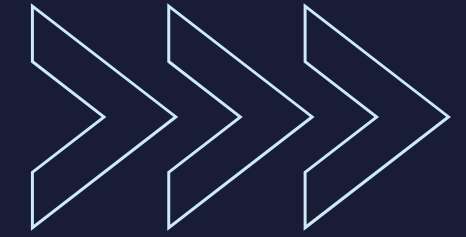
FEMALE OPEN WEIGHT: 1st and 2nd place qualify

If a qualified athlete gets injured before the event in Amsterdam and cannot compete the athlete will be replaced by the Federation and will not be able to travel!





# E-REGISTRATIONS:



**O1**

Each athlete needs to register on:  
<https://www.sportdata.org/calisthenics/set-online/>

**O2**

Select your discipline and category you will be competing in and confirm your registration

**O3**

Enter all required data complete inside. Make sure you don't miss out on any information while filling out your registration application

**O4**

Athletes will need to receive their accreditations, weighing and medical check 1 day prior to the event:  
24.02.2023 Amsterdam de Rai

**O5**

Athletes will receive a QR Code as their proof of accreditation

**O6**

Athletes will have a medical check 1 day prior to the event

# EUCE QUALIFICATIONS

"THE INVITATIONAL"

"EUROPEAN CHAMPIONSHIP"

Discipline: STRENGTH ENDURANCE



## CATEGORIES

### WEIGHT:

Male: -75 KG

Male: +75 KG

Female: Open weight

### AGE:

16+

## GOLDEN INVITATIONS

Male: -75 KG

2 Athletes

Male: +75 KG

2 Athletes

Female: Open weight

2 Athletes





# NATIONAL CHAMPIONSHIPS

Discipline: **STRENGTH ENDURANCE**

## DESCRIPTION

The top 2 ranked athletes of National Championships in 1 of the 10 European countries can also qualify for the European Calisthenics Championship 2023 if authorized by their National Federation.

## QUALIFYING CATEGORIES

MALE -75 KG: 1st and 2nd place qualify

MALE +75 KG: 1st and 2nd place qualify

FEMALE OPEN WEIGHT: 1st and 2nd place qualify





# E-GAMES QUALIFICATIONS



Discipline: STRENGTH ENDURANCE

## CATEGORIES

### WEIGHT:

Male: -75 KG

Male: +75 KG

Female: Open weight

### AGE:

16+

## MAX REP COMPETITION

### EXERCISES

- Pull ups 60 sec
- Push ups 60 sec
- Dips 60 sec







# E-GAMES FORMAT

Each exercise is recorded separately where the athlete performs the exercise in a full range of motion without getting exhausted until he reaches 60 seconds on the timer. All repetitions have to be done in STRICT FORM according to the rules and regulations. See the video and read the document with explanations. Every correct REP gets counted as 1 POINT and summed up with all correct repetitions of 5 exercises as a total end score. The athlete with most points is the winner and will qualify for the European Championship during the EUCE | European Calisthenics Fair 2023 in de Rai Amsterdam. Athletes applying for online qualifications need to pay for their own travelling, accommodation and expenses to participate in the Netherlands.

## E-QUALIFICATIONS VIDEO UPLOAD

exercises	3
Video upload	1
Amount videos	1
Match time	60 sec per exercise
Matchcode	Show match code
Performance	Back-to-back exercise
Requirements	No editing allowed







# RESULTS EUROPEAN CHAMPIONSHIP

## OFFICIAL PRICE WINNERS CEREMONY

Sunday 26.02.2023 will be the official announcement of the new European Strength Endurance Champions 2023







# STRENGTH ENDURANCE EUROPEAN CHAMPIONSHIP

# SE-RACE

## TOURNAMENT FORMAT

Athletes of each category compete all together in a time cap of 20min. Within the 15min they have to do a certain amount of exercise. Each exercise has a number of REPS that needs to be done in the correct form before moving to the next exercise. Once every athlete has completed the workout routine the time will stop for each athlete individually and will be the athlete's end result of the round. Athletes with the fastest time will move to the next round. An athlete who has the best time is the winner. Every Round is a NEW competition round and the previous time's score doesn't count for the next round.

\*The organizers hold the right to adjust the tournament formats and SE-RACE exercises at all times.

## TIMES

- 20 min timecap per round
- 5 min switch time between categories

## ROUNDS

- 3 total rounds each category
- Round 1: 30 Athletes - first round
- Round 2: 15 Athletes - semifinals
- Round 3: 5 Athletes - finals





## TIES SE-RACE

If the SE-RACE ends in a tie with athletes ending at the same time there will be a final workout of Pull Ups battle of max rep full range of motion to decide the winner.

## USE OF THE WORKOUT AREA

- Use the whole Calisthenics Park to reach your maximum potentials
- Use of Pull up Bar
- Use of Floor
- Use of Dip Bar
- Use of PBar





## TIMES

- Open Race time
- Fastest time wins
- Each referee times the athlete with a stopwatch
- Time stops when the athlete has completed the complete routine
- Referees submit the time score to the head official
- Athletes ranking is based on end-time results



## REFEREES

- 1 Center Official: He coordinates the athletes on the workout area and makes sure all codes of conduct and regulations are respected during the SE-RACE.
- 1 Operating Official behind the laptop: Timekeeper
- 2 Referees per 1 athlete
- 1 Referee watches the form
- 1 Referee counts the REPS and monitors the time
- Scores get submitted per judge to the head official
- Rounds can get split up due to not enough referees



# JUDGING CRITERIAS

1. Strict Form
2. REPS NOT STRICT FORM will be counted as a NO REP
3. The athlete needs to complete first the number of correct REPS before they can move on to the next exercise.
4. Athletes are allowed to rest in between the REPS
5. Referees stop the time when the last REP has been completed
6. Referees submit the final time score to the head official





# REQUIREMENTS

- Good physical condition
- Valid Health-Insurance
- Aware of the risks of competing
- Takes full responsibility for any injuries that may occur before, during and after the competition.
- Legal authorization to travel to Amsterdam
- All athletes must arrive 1 day before the competition date
- All athletes must come 1 day to weigh, medical checks and receive their accreditations.
- All athletes must book their travel and accommodations. (Organizers can provide hotel options near the event location)





# CODES OF CONDUCT



## DESCRIPTION

- Respect at all times between opponents or you will be disqualified
- Respect at all times for Central Official and Referees or you will be disqualified
- Respect at all times for the organizers and spectators or you will be disqualified
- The corner man / Coach needs to maintain himself and the performing athlete professionally at all times



# DISQUALIFICATIONS



## Red card

Direct disqualification:

- NO discussion and arguments with officials and referees are allowed during the competition.
- No bad language, rude acts or rude hand gestures are allowed

## Yellow card

1 warning

- Aggressive body language towards an official or athlete
- Getting in your opponents' way intentionally

## 2nd yellow card = red card

disqualification

- 2nd-time aggressive body language towards an official or athlete
- 2nd time to get in your opponents' way intentionally

# EXERCISES | MALE CATEGORY -75KG, +75KG



## Exercises for the first round

### Round of 30

1. Muscle ups
2. Push ups
3. Pull ups
4. Squats
5. Dips



# MUSCLE UPS

15x reps

Fully straight arms in starting position;

Fully straight arms (locked arms) in position above the bar without holding up on the bar for more than one second;

Joined outstretched legs, discipline performed without any kind of swinging;

The chest does not touch the bar when performing Muscle Up;

Grip - there is no false grip, the grip is the same as a grip for pull-ups, and the thumb is below the bar;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

## Dress code

Discipline is performed in shorts and a body shirt



# PUSH-UPS

75x reps

Fully locked arms before starting repetitions;

Touch the ground with the chest during each repetition;

Push-ups must be done on palms of the hand, push-ups with fists are not allowed;

This will be considered a clean and correct rep.

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

## Dress code

Shirt or tight body shirt





# PULL UPS

30x reps

The arms must be in a starting position wider than shoulder width (similar to the letter V);  
Grip - overhang - thumb is down;

In the initial position the arms are fully extended, it is not allowed to make an arch when performing this discipline, when performing the pull-up the chin must cross the bar. This will be consider as one correct rep.

Pull-ups outstretched or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

## Dress code

Discipline is performed in shorts and a body shirt





# SQUATS

## 100x reps

Stand with your feet shoulder-width apart.

Start by doing regular squat, the push must be with the whole foot, pushing with fingers only or leaning forward is not allowed. You must lower your body to at least 90 degrees or lower. When pushing back up you must lock your knees in order to have a clean rep. Hands should be in the shoulder level and outstretched - locked, no movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# DIPS

55x reps

In the initial position, the arms are locked and ready to perform the exercise, the spine is straight; The arms must be exactly 90 degrees or lower when performing the discipline, but not higher. Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

## Dress code

Discipline is performed in shorts and a body shirt



# EXERCISES | MALE CATEGORY -75KG, +75KG



## Exercises for the second round

### Round of 15

1. Clapping pull ups
2. Straight bar dips
3. Narrow squats
4. Archer push-ups
5. Full leg raises
6. Zombie push-ups



# CLAPPING PULL UPS

## 15X REPS

The arms must be in a starting position wider than shoulder width (similar to the letter V);  
Grip - overhang - thumb is down;

In the initial position the arms are fully extended, it is not allowed to make an arch when performing this discipline, when performing the pull-up the chin must cross the bar, when the chin crosses the bar you let go of the bar and clap with your hands, you must grab the bar before touching the ground in order for the rep to be counted as clean and correct.

Pull-ups outstretched or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt



# STRAIGHT BAR DIPS

## 50X REPS

In the initial position, the arms are locked and ready to perform the exercise, and the spine is straight;

The arms when performing the discipline must be lower to touch the bar with your chest. Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# NARROW SQUATS

## 30X REPS

Stand with your feet together.

Start by doing a narrow squat, the push must be with the whole foot, pushing with fingers only or leaning forward is not allowed. You must lower your body to at least 90 degrees or lower. When pushing back up you must lock your knees in order to have a clean rep. Hands should be at the shoulder level and outstretched-locked, with no movement

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt



# ARCHER PUSH-UPS

## 34X REPS

Fully locked arms before starting repetitions; Elbows must be locked when moving upwards; Push-ups must be done on palms of the hand, push-ups with fists are not allowed;

Place your hands wider than shoulders; Go down to the left side and bend the left arm to 90 degrees or lower and extend the other arm completely straight. Then you go up, lock the arms and then go down to the right side and repeat the process that you did for the other arm. This is considered as an accepted and correct rep.

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# FULL LEG RAISES

## 25X REPS

Fully Hang from a bar;  
Lock your legs straight and lift them up until your toes touch the bar then lower your legs to the starting position without twisting your hips or losing your grip or bending your knees.

Keep your legs and arms straight and locked during the whole movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# ZOMBIE PUSH-UPS

## 25X REPS

Get into a plank position from your hands and feet.

Unlike regular push-ups where you are on your forefeet, the tops of your feet (fingers) should be in contact with the floor.

Position your hands so they are slightly closer together than during regular push-ups.

At the top of the push-up, your shoulders, elbows and wrists should be in a relatively stacked position.

Descend into the push-up and retract your shoulder blades (draw them together).

In the bottom position, your elbows should be positioned over your wrists, and forearms in a vertical position. Do not allow your elbows to flare out.

Once your upper arms are approximately parallel to the floor, unlike during Russian push-ups where you press your body backwards and touch your forearms to the floor, you will press your body backwards but will not touch your forearms to the floor. Your feet should glide along the floor during this component.

In the end position, your elbows should be fully extended, and your hands should be well ahead of your shoulders.

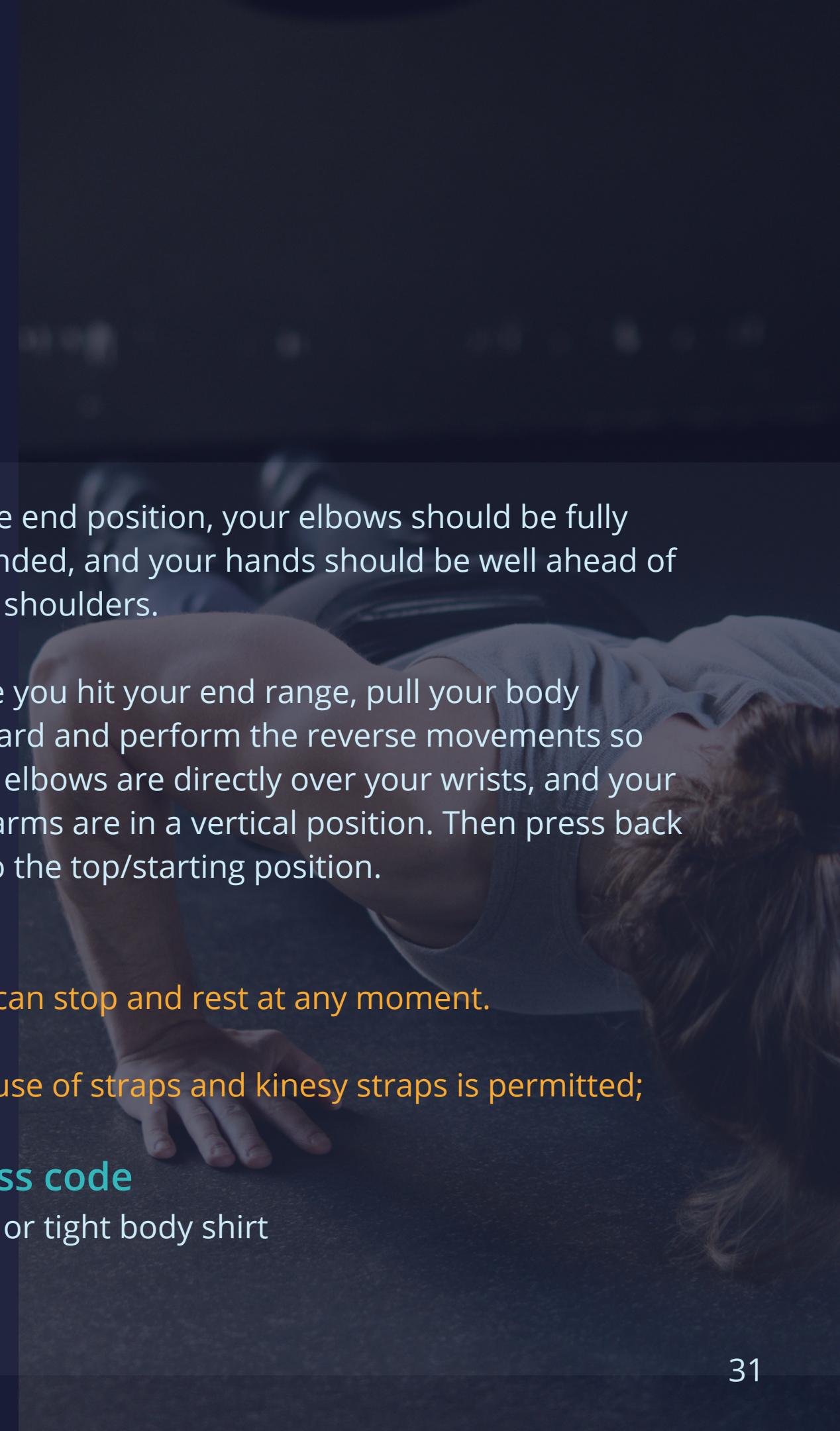
Once you hit your end range, pull your body forward and perform the reverse movements so your elbows are directly over your wrists, and your forearms are in a vertical position. Then press back up to the top/starting position.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt





# EXERCISES | MALE CATEGORY -75KG, +75KG



## Exercises for the final round

### FINAL

1. L-sit muscle ups
2. Pistol squats
3. Lalanne push-ups
4. Clapping dips
5. Wide chin ups
6. Dip bar raises



# L-SIT MUSCLE UPS

## 15X REPS

Fully straight arms in starting position;

Fully straight arms (locked arms) in position above the bar without holding up on the bar for more than one second;

Joined outstretched legs and lifted in L-sit position, discipline performed without any kind of swinging;

The chest does not touch the bar when performing Muscle Up;

Grip - there is no false grip, the grip is the same as a grip for pull-ups, and the thumb is below the bar;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# PISTOL SQUATS

**30X REPS** 15x  
for each leg

The competitors go down just below 90 degrees while the other leg is fully extended; The exercise can be performed on any leg of your choice, left or right. But it is not allowed to switch legs during the exercise.

The spine should be straight and locked while performing the exercise.

It is not allowed to touch the ground with the other foot;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

## Dress code

shirt or tight body shirt



# LALANNE PUSH-UPS

## 25X REPS

Get into a superman position with your arms and legs extended.

Curl your toes under, tighten your calves, and put your fingertips on the ground.

Engage your core, look to the floor, and lift your body.

Lower your body to the ground.

The whole body must touch the ground.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt





# CLAPPING DIPS

## 20X REPS

In the initial position, the arms are locked and ready to perform the exercise, and the spine is straight;

The hands when performing the discipline must be exactly 90 degrees or slightly lower, but not higher.

When pushing back up, explosively push yourself from the bars and clap in mid-air then land your hands back on the bars.

Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt



# WIDE CHIN UPS

## 25X REPS

The arms must be in a starting position wider than shoulder width (similar to the letter V);

Grip - underhand - thumb is below;

In the initial position the arms are fully extended, it is not allowed to make an arch when performing this discipline, when performing the pull-up the whole head must cross the bar;

Legs should be straight and locked tight together during the whole movement;

Chin-ups outstretched and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt





# DIP BAR LEG RAISES

## 35X REPS

Fully locked arms and fully straight body on the dip bars before starting repetitions;

Raise your legs outstretched and locked to 90 degrees and then bring them back to the starting position, without swinging and with straight arms the whole movement. This will count as one correct rep (clean)

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt and shorts



# EXERCISES | FEMALE CATEGORY

## Exercises for the first round

### Round of 30

1. Wide pull ups
2. Regular dips
3. Lunges
4. Pull up hold







# WIDE PULL UPS

## 20X REPS

The arms must be in a starting position wider than shoulder width (similar to the letter V);

Grip - overhand - thumb is below;

In the initial position the arms are fully extended, it is not allowed to make an arch when performing this discipline, when performing the pull-up the whole head must cross the bar;

Legs should be straight and locked tight together during the whole movement;

Pull-ups outstretched and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt





# REGULAR DIPS

## 35X REPS

In the initial position, the arms are locked and ready to perform the exercise, and the spine is straight;

The arms when performing the discipline must be exactly 90 degrees or slightly lower, but not higher.

Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt



A woman with blonde hair in a braid, wearing a white sports bra and dark leggings, is performing a lunge on a wooden pier. She is in a side profile, with her right leg forward and bent at a 90-degree angle, and her left leg extended back. Her hands are positioned near her face and hip. The background shows a body of water and a distant shoreline.

# LUNGES

## 50X REPS

In the initial position, the legs are locked and ready to perform the exercise, the spine is straight; Extend the right leg forward to a 90-degree angle opposed to the foot and hip then push yourself back to the starting position using the whole foot (not just the fingers), the spine must be straight the whole movement. This is considered a clean rep. Hands should be outstretched and locked to the sides of the body. Do 25 reps using the right leg, then after those 25. Switch the leg (left leg) and do 25 reps.

You can stop and rest at any moment.

### Dress code

shirt or tight body shirt and shorts



# PULL UP HOLD

## 45 SECONDS

Pull yourself up until you have your chin above the bar, then you hold yourself in that position, this is when the time count starts. The body must be fully straight with outstretched legs tight together.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt and shorts



# EXERCISES | FEMALE CATEGORY

## Exercises for the second round

### Round of 15

1. Archer pull ups
2. Diamond push ups
3. Narrow squats
4. Straight bar dips
5. Plank hold





# ARCHER PULL-UPS

## 12X REPS

Grab the pull-up bar with an overhand grip that is wider than shoulder-width.

Begin the exercise by pulling yourself up and to the left, so that your right arm is horizontal with the ground and straight at the top of the pull-up. Lower yourself back down and repeat with the opposite arm. This is considered as an accepted and correct rep.

Joined outstretched legs and without movement or any kind of swinging;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# DIAMOND PUSH-UPS

## 35X REPS

Fully locked arms before starting repetitions;

Touch your hands with your chest, the elbows must be locked when moving upwards; Push-ups must be done on the palms of the hand, push-ups with fists are not allowed; Place your hands in the shape of a diamond;

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

no shirt or tight body shirt



# NARROW SQUATS

## 30X REPS

Stand with your feet together.

Start by doing a narrow squat, the push must be with the whole foot, pushing with fingers only or leaning forward is not allowed. You must lower your body to at least 90 degrees or lower. When pushing back up you must lock your knees to have a clean rep.

Hands should be at the shoulder level and outstretched-locked, with no movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# STRAIGHT BAR DIPS

## 30X REPS

In the initial position, the arms are locked and ready to perform the exercise, and the spine is straight;

The arms when performing the discipline must be lower to touch the bar with your chest.

Joined outstretched legs and without movement or any kind of swinging;

f

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt



# PLANK HOLD

## 45 SECONDS

Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width.

Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back. When you get the correct position, the time will start to count

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt and shorts





# EXERCISES | FEMALE CATEGORY

## Exercises for the final round

### Final

1. Muscle ups
2. Clapping push-ups
3. Full leg raises
4. Korean dips
5. Jump squats
6. L-sit hold on straight bar







# MUSCLE UPS

## 10X REPS

Fully straight arms in starting position;

Fully straight arms (locked arms) in position above the bar without holding up on the bar for more than one second;

Joined outstretched legs, discipline performed without any kind of swinging;  
The chest does not touch the bar when performing Muscle Up;

Grip - there is no false grip, the grip is the same as a grip for pull-ups, and the thumb is below the bar;

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# CLAPPING PUSH UPS

## 25X REPS

Fully locked arms before starting repetitions;

Your body should form a straight line from your ankles to your head.

Lower your body until your arms are 90 degrees or lower. Pause at the bottom, and then explosively push your body away from the ground with enough force to clap your hands once beneath your chest before returning them to the ground. The hands must be straight while clapping.

The joined outstretched legs and the whole body move in harmony with the arms, not only the upper part of the body, the body is always straight along the entire movement.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

shirt or tight body shirt



# FULL LEG RAISES

## 25X REPS

Hang from a bar;

Lock your legs straight and lift them until your toes touch the bar then lower your legs to the starting position without twisting your hips or losing your grip or bending your knees.

Keep your legs and arms straight and locked during the whole movement.

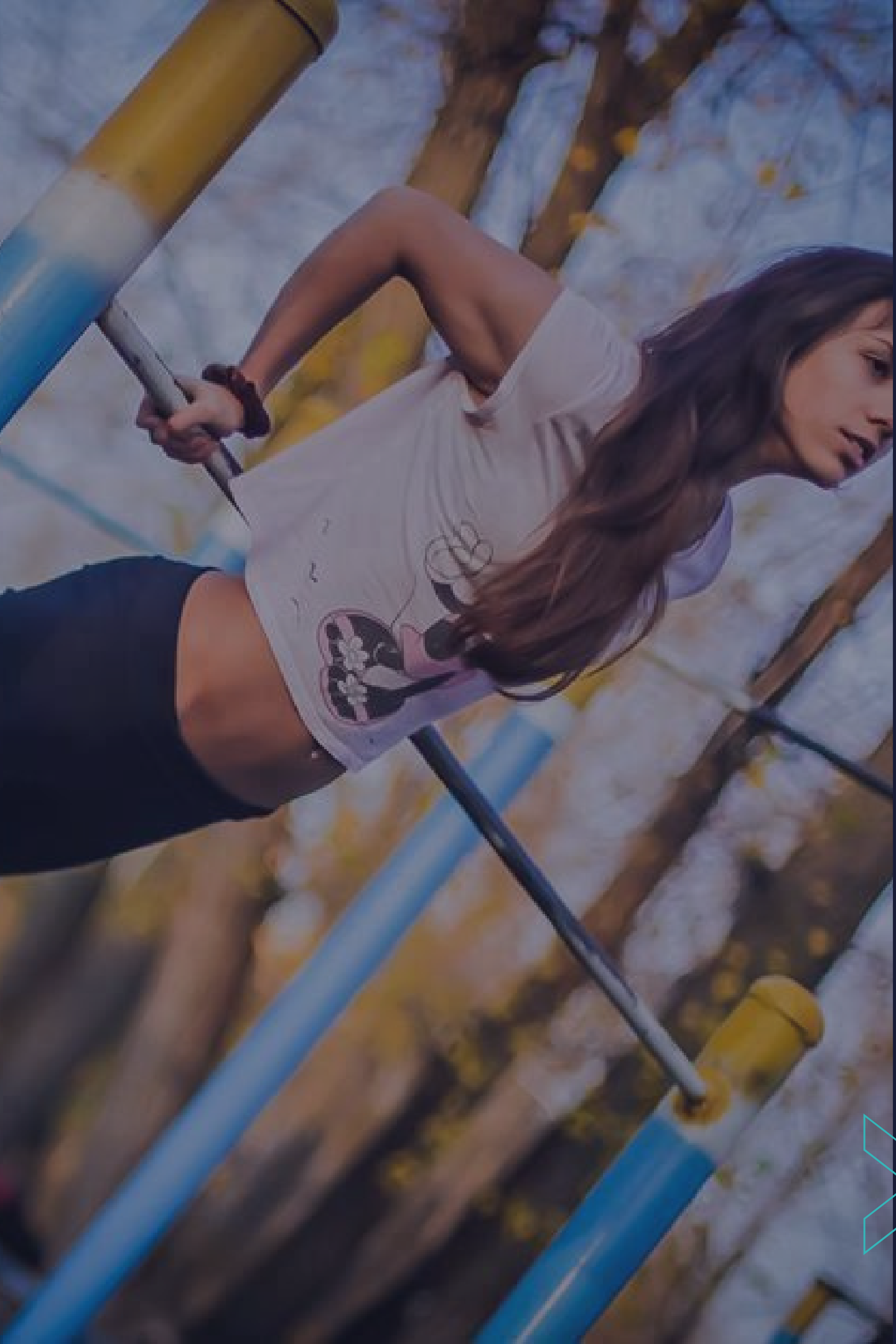
You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# KOREAN DIPS

## 20X REPS

Get on the bar so you are stable, turning your hands out so you grip the bar with your palms facing forwards.

Keep your hands close to your body, not spread wide, start by slowly sliding your hips off the bar, keeping your feet behind you. Pause briefly at the bottom of the rep to make sure you are stable and then push up to the starting position. This counts as a clean and correct rep.

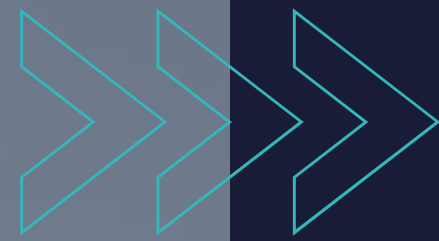
You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# JUMP SQUATS

## 30X REPS

Stand with your feet shoulder-width apart.

Start by doing a regular squat, engage your core, and jump up explosively.

When you land, lower your body back into the squat position to complete one rep. Make sure you land with your entire foot on the ground. Be sure to land as quietly as possible, which requires control.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt





# L-SIT HOLD ON STRAIGHT BAR

## 45 SECONDS

Grab the bar and keep your body straight with your hands extended and locked. Lift your legs to 90 degrees and hold, keeping them straight and locked tight together. This is when the time counter starts. No swinging is allowed.

You can stop and rest at any moment.

The use of straps and kinesy straps is permitted;

### Dress code

Discipline is performed in shorts and a body shirt



# SUMMARY

## MALE CATEGORY

-75KG, +75KG

ROUND	ROUTINE	TOTAL
First Round of 30	Muscle ups x15; Push-ups x75; Pull-ups x30; Squats x100; Dips x55;	275 reps
Second Round of 15	Clapping pull-ups x15; Straight bar dips x50; Narrow squats x30; Archer push-ups x34; Hanging full leg raises x25; Zombie push- ups x25;	179 reps
Third Final	L-sit Muscle ups x15; Pistol squats x30(15 each leg); Lalanne push-ups x25; Clapping dips x20; Wide chin-ups x25; Dip bar leg raises x30;	145 reps





# SUMMARY

## FEMALE CATEGORY

ROUND	ROUTINE	TOTAL
First Round of 30	Wide pull ups x20; Regular dips x35; Lunges x50 (x25 each leg); Pull up hold 45 sec.;	105 reps +45 sec
Second Round of 15	Archer pull-ups x12; Diamond push-ups x35; Narrow squats x30; Straight bar dips x30; Plank hold 45 sec.;	107 reps +45 sec
Third Final	Muscle ups x10; Clapping push-ups x25; Full leg raises x25; Korean dips x20; Jump squats x30; L-sit hold on Straight bar 45 sec.	110 reps +45 sec

# CALISTHENICS

## STREET SPORT ACCORD



SWBG



PSU



TCC



FSW



ASWCA



SWL



CSWI



CI



FNSWC



ESDT





# THANK YOU

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