



**1<sup>st</sup> ANNUAL SUSTAINMENT WEEK  
SPEARHEAD 20 COMPETITION  
REGISTRATION FORM**

Team Name: \_\_\_\_\_ POC Email: \_\_\_\_\_

Representing UNIT/BN: \_\_\_\_\_ Contact Number: \_\_\_\_\_

**Team Details:** Teams of 4 people).

**Team Captain**

*(Team Captain will receive email correspondence and is responsible for team affairs)*

\_\_\_\_\_  
*First & Last Name*

\_\_\_\_\_  
*Emergency Contact Phone #*

**Member #1:** \_\_\_\_\_

**Member #2:** \_\_\_\_\_

**Member #3:** \_\_\_\_\_

**Member #4:** \_\_\_\_\_

**Date:** May 01, 2017 **Sign-In Time:** 0545 hrs. (Team Captains) **Start Time:** 0600hrs.

**Location:** Strength and Performance Center (Fort Lee, Virginia)

**Deadline to register:** Teams must submit their final roster and registration form by **Friday, April 20, 2018. Call (804) 765-7443/7448. You can also deliver completed forms to the TC Command Office in BLDG 5020, Command Entrance Desk, 3rd Floor.**

See Rules and Regulations on next page....

## TEAM WORKOUTS

### The Spearhead 20s

The workout consists of:

- 500 Meter Row
- 20 Sit-Ups
- 20 Pull-Ups
- 20 Elbow Plank Knee Lifts
- 20 Air Squats
- 20 Reverse Burpees
- 20 Hand Release Push-Ups
- 20 Exercise Ball Wall Shots
- 20 Alternating Floor Wipers
- 20 Double Unders

Equipment Needed:

- Timer
- Jump Rope
- Pull-Up Bar
- Rowing Machine
- Medicine Ball
- Barbell with Plates

The time clock starts with the athlete sitting on the rower with the feet strapped in. At the call of 3-2-1 go, the athlete completes the following exercises, in this order and in accordance with the following standards. The goal is to complete all 10 exercises in the shortest amount of time possible.

#### 1. 500 Meter Row

Damper can be set according to individual preference. From the forward position the athlete will pull in the following sequence: legs, hips, arms. Pull the handle to the bottom of the ribs. Return to the start position by reversing the sequence. Maintain lumbar curve and try for long, strong pulls.

Pro Tip: You have 9 more events after this; pace yourself



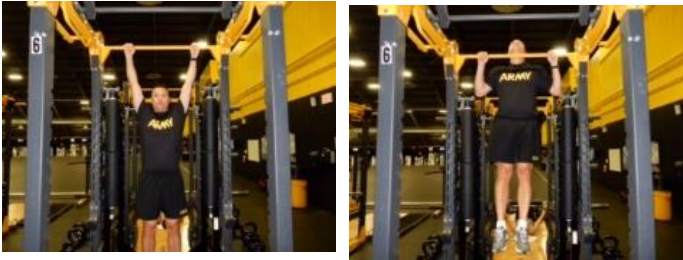
#### 2. Sit-Up

Lay on your back, arms extended overhead, soles of your feet together, knees wide and as close to the ground as possible. Begin by throwing your hands forward, executing a sit up and touching your toes. Return to the start position, touching the ground over head with your hands. Execute 20 repetitions.



### 3. Pull-Up

Using a pull bar, start in a dead hang and pull up until the chin breaks the plane of the bar. Return to full extension. Gymnastic kipping is permitted. Butterfly kipping is permitted. The scaled version is to execute a jumping pull up. From the standing position, use a bar arm extension height to jump/pull up until the chin breaks the plane of the bar and return to the fully extended start position. Execute 20 repetitions.



### 4. Elbow Plank Knee Lift

Assume the elbow plank position with the body forming a straight line. Move one knee forward, planting the foot on the ground forward of the waist. Return to the start position and repeat alternating legs for 20 reps on each side.



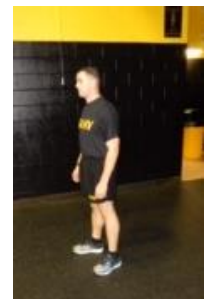
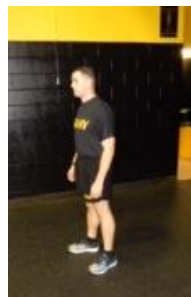
### 5. Air-Squat

Start standing erect, feet shoulder width apart. Initiate the squat by sending the butt back and arms forward, descending until the hip crease is below the knees with the weight on the heels. The athlete returns to the starting position. Execute 20 repetitions.



### 6. Reverse Burpees

Start in the standing position and sit on the buttocks. Roll back onto the shoulders with the legs and hips aligned in the air. Return to the standing position without crossing the feet or using the hands. No jump required once standing. Scaled movements are to cross the feet when returning to the standing position or to use the hands to help return to standing. Execute 20 repetitions.



## 7. Hand Release Push Ups

Begin in the front leaning rest position. Lower chest and torso to the ground. Lift both hands off the ground simultaneously then reapply the hands to the ground and execute a push up. The body should remain in a generally straight line for the duration of the repetition. Execute 20 repetitions.



## 8. Exercise Medicine Ball Wall Shots

Stand in front of a marked target wall holding a medicine ball with both hands. Execute a correct form squat: proper lumbar curve, weight on the heels, hip crease below the knee. Stand using your up-ward momentum to throw the medicine ball, hitting the wall above the target line. Catch the ball and repeat the movement. Don't bounce the ball off the ground. Men: 20 lb ball and 10 ft target. Women: 14 lb ball and 9 ft target. Scale according to individual capabilities. Execute 20 repetitions.



## 9. Alternating Floor Wipers

Begin laying flat on the ground, legs together on the floor and a weighted bar pressed overhead. Lift your legs as a single unit (knees straight), "kicking" the plates on one side of the bar, returning to the start position, and then repeat on the opposite side. Spotters will help maintain stability of the bar during the exercise. Execute 10 reps on each side for a total of 20 reps. Men: 135 lbs. Females: 65 lbs. Scale according to individual capabilities



## 10. Double-Unders

Jump rope with the rope passing under your feet twice per single jump to count as one rep. If you cannot perform double-unders, scale this exercise down to 60 single-under jump ropes or 20 tuck jumps.

