



## CORPORATE GAMES 2016

### CROSSFIT CHALLENGE RULES

1. First person completes 20 Military Push-ups as follows: Start in the Plank position with arms extended and elbows locked out. Bend elbows until body is resting on the ground. Lift hands must come off the ground while in the down position with chest and thighs touching the ground. The Head, Hips, and Ankles must remain in a straight line during the upward and downward movements.
2. Second person complete 10 Tire Flips as follows: Bend legs and slip both hands under tire resting on ground. Straighten legs and back and flip tire over to the opposite side. Once tire is flipped, players move 180 degrees around tire and repeat. The lift cannot begin until the tire has settled and is stationary. After the lift the participant can assist the tire downward to help control it.
3. Third person completes 10 Burpee as follows: Rules are chest and thighs must touch the ground in the down position. Both feet must come off the ground and hands clap overhead in the up position.
4. Fourth person completes 20-Yard Bear-Crawl as follows: Bend at the waist until both hands and both feet are touching the ground with butt in the air. Players must have a minimum of one hand and one foot always on the ground, moving forward towards finish line.
5. Teammates must touch hands to signify the start of the next event.