

# PARA BELLUM WEYMOUTH

## **Movement standards**

Para Bellum Weymouth is a functional fitness event. As such, you will not see barbells, kettlebells, rowers or equipment you would traditionally see in a CrossFit box or at a standard gym. Your fitness skills will be challenged by how well you can adapt to the following:

### **1. Lift, carry and drag odd objects including:**

- Logs
- Sandbags
- Blocks without handles
- Objects with rope handles

These may be moved individually, with a partner or between the whole team in different workouts.

### **2. Climb:**

- Under and over objects

Climbs may be individual and in some instances assisted.

### **3. Throw:**

- Objects at or over other objects

This could be individually, with a partner or between the whole team in different workouts.

#### **4. Swim / Water based activities:**

- Athletes should be confident and water-safe in the sea, swimming distances of at least 400m without a wetsuit
- Paddleboarding individually and with a partner (laying, kneeling or standing are okay)

As the weather cannot be guaranteed, athletes should be confident to swim in both calm and windy conditions within safety limits as set by the organisers.

#### **5. Run:**

- On land
- On pebbles
- On sand
- In water
- On the Flat
- Uphills
- Downhills
- Empty handed and carrying objects