

The word "DUEL" is written in a bold, black, sans-serif font. It is centered within a white rectangular box. Above the letters is a horizontal line with an arrowhead pointing to the right. Below the letters is another horizontal line with an arrowhead pointing to the left.

DUEL

June fitness test

- The Centurion
- The Shifty 250
- The Filthy 500

The Centurion

Record your time to complete;

- 20 Bodyweight squats
- 20 Press ups
- 20 Static lunges (10 leading on ea leg)
- 20 Groiners
- 20 Burpees

- 2.5Km Walk / Run
 - Or a route equivalent to 20-30 mins

The Shifty 250

Record your time to complete;

- 50 Bodyweight squats
- 50 Press ups
- 50 Static lunges (10 leading on ea leg)
- 50 Groiners
- 50 Burpees

- 5Km Walk / Run
 - Or a route equivalent to 30-45 mins

The Filthy 500

Record your time to complete;

- 50 Bodyweight squats
- 50 Press ups
- 50 Static lunges (10 leading on ea leg)
- 50 Groiners
- 50 Burpees

- 10Km Walk / Run
 - Or a route equivalent to 40-60 mins

Exercise descriptions

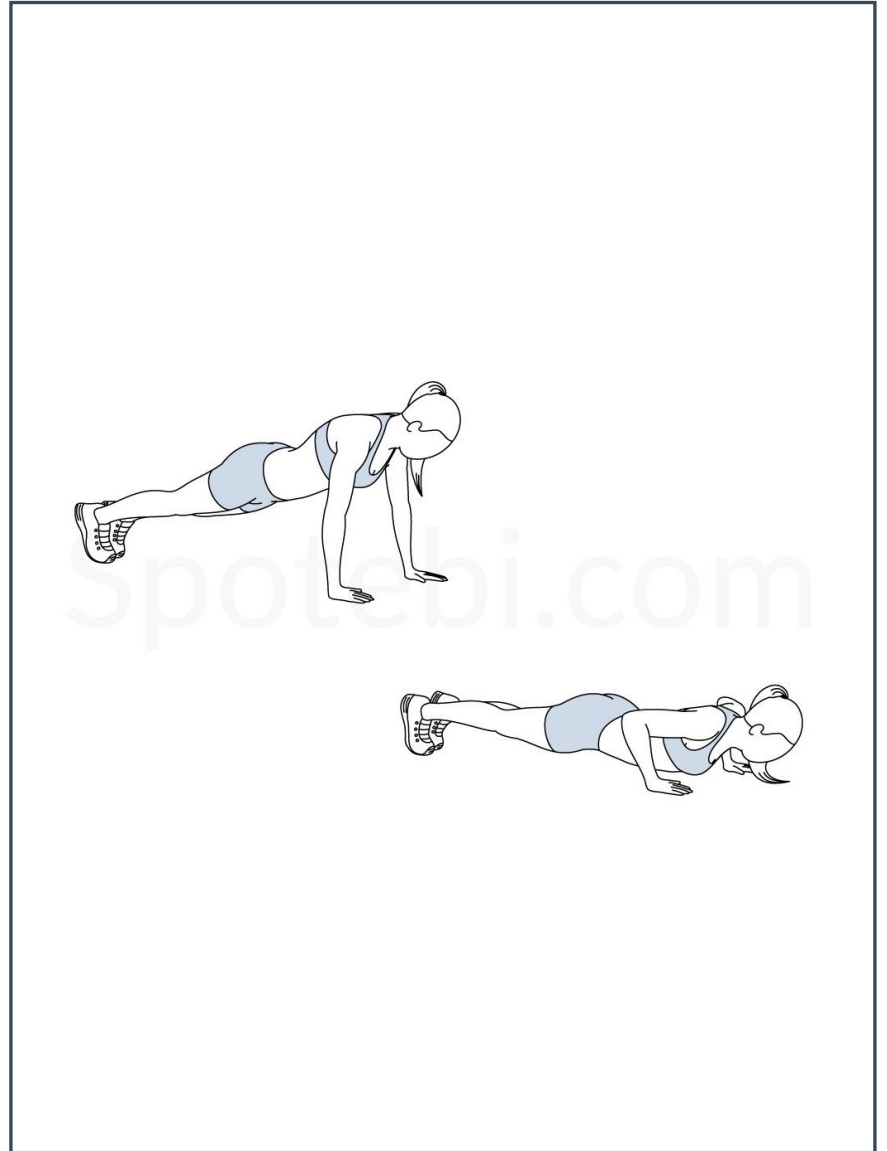
Bodyweight squat

- Set your feet shoulder-width apart, toes slightly turned out. ...
- Slowly bend at the knees and drop your hips to lower your body. ...
- At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- Repeat for desired number of reps.



Press up

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat.



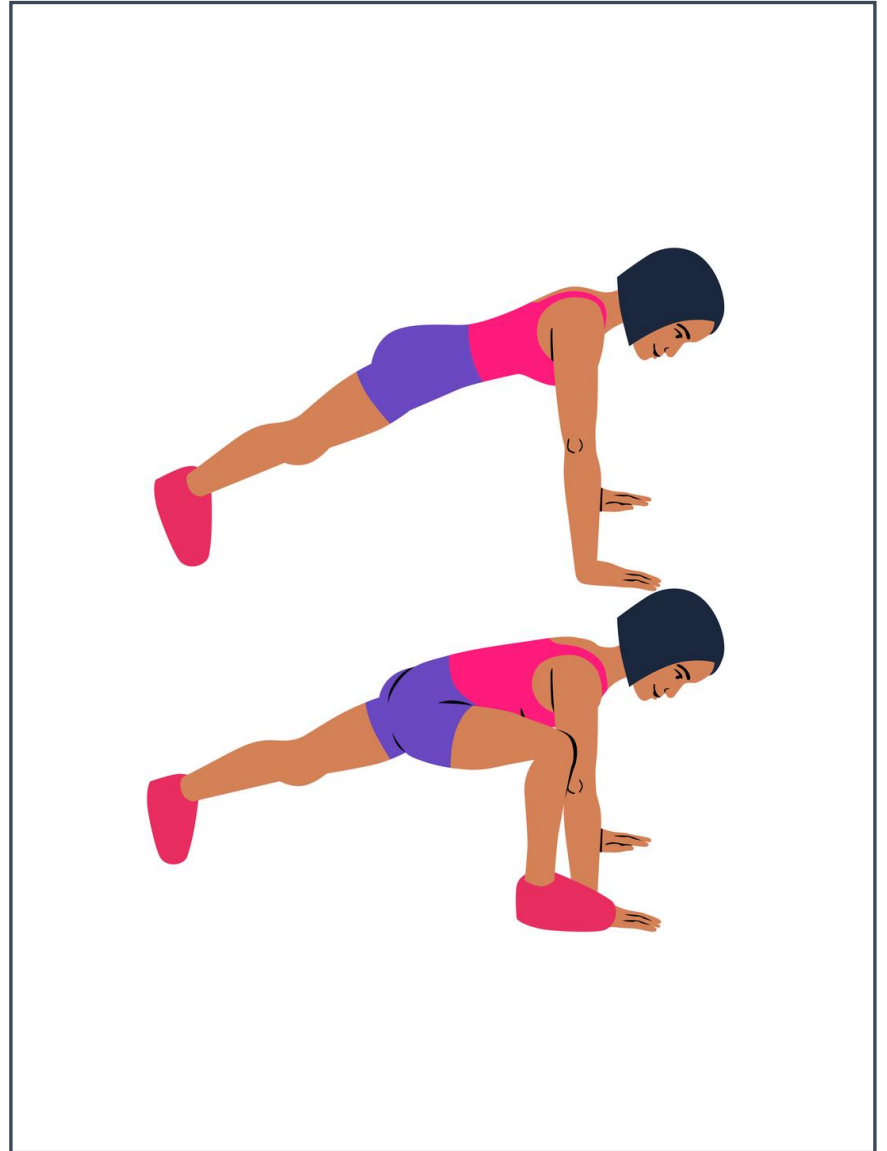
Static lunge

1. Stand tall with your feet hip distance apart then take a large step backward with one foot. This is your start position.
2. Lower the back knee to a 90 degree angle so both knees are bent then press up to start position and repeat. After desired number of reps, switch legs



Groiners

1. Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your hips in a straight line with feet and head.
2. Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.
3. Return your right foot behind you and bring your left foot forward.
4. Continue alternating by stepping or jumping between reps.



Burpees

1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
5. Jump your feet back so that they land just outside of your hands.
6. Reach your arms over head and explosively jump up into the air.
7. Land and immediately lower back into a squat for your next rep.

