



XFITTEST ONLINE CUP 2020

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WORKOUT 1

As many reps as possible in 4 minutes of:

5 sit ups
5 facing the line burpee broad jumps

Rest 1 minute

As many reps as possible in 4 minutes of:

5 facing the line burpee broad jumps
5 sit ups

Score: total reps completed

Link to vídeo - <https://youtu.be/DhOcowYOSLo>

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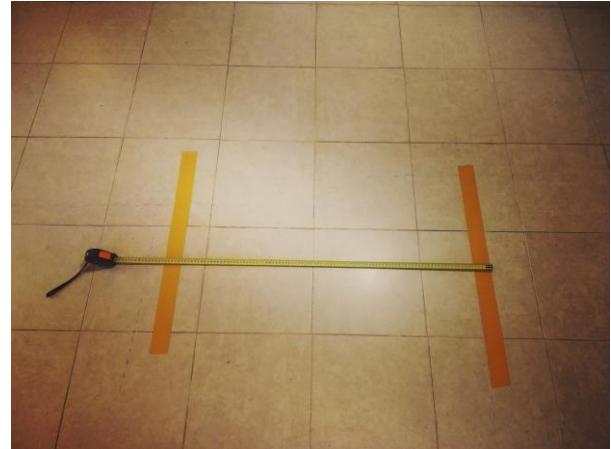
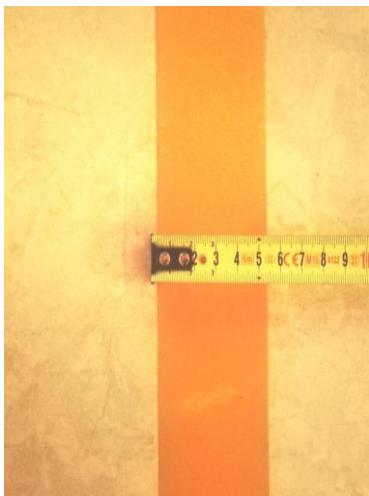
20 MARCH - 19 APRIL
Info and registrations: www.xfittest.pt/
www.regibox.pt / www.eventos.regibox.com

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Measurements:

- Athletes must use two parallel lines spread each other from 1 meter (male and female).



Movement standards:

SIT UPS

- 1) Each rep of the sit-up begins with the athlete's back in contact with the floor, their legs in butterfly position with the soles of their feet together and feet on floor, and their hands touching the floor above their head.
- 2) At the top, the athlete will raise their torso so their chest is upright and their hands touch the floor in front of their feet.
- 3) The feet must be in contact with the floor during all the rep
- 4) AbMats are NOT permitted.
- 5) no-rep if grabbing the knees or legs during a sit-up



UPSTREAM Portugal Lisboa AUDAX - Labs Lisboa - Incubadora de Inovação, Rua Adriano Correia de Oliveira, 4A /
Lab B1-Upstream, 1600-312 Lisboa
xfittest@upstream-portugal.pt **Sede** Living Lab Cova da Beira, Fundão Tel +351 934 273 702 |
RNAVT 6750 & RNAAT 1207

www.xfittest.pt www.tryportugal.pt

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FACING THE LINE BURPEE BROAD JUMP

- 1)** The burpee must be performed perpendicular to and facing the line.
- 2)** The athlete has to jump and pass both feet completely to the other side of the line that is 1 meter away.
- 3)** The athlete may jump (step back is NOT permitted) to lie on the ground. The athlete's hands must be clearly behind the line. The chest and thighs must touch the ground at the bottom;
- 4)** Stepping up is not allowed. Athlete must jump with both feet at the same time to get up;
- 5)** The athlete must jump over the space between the two lines with a two-foot takeoff. Single-legged jumping or stepping over is not permitted.
- 6)** The rep is credited when both feet have touched the ground on the opposite side of the line. The athlete does not need to land with both feet at the same time. Before starting the next rep, the athlete must be perpendicular to and facing the line. If the athlete receives a "no rep" for any reason, the entire repetition must be repeated.



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