

Estonian calisthenics strength endurance rules, guide and exercises

Pärnu, Estonia

Discipline is the execution of prescribed basic exercises at speed. The athlete's time is recorded when performing, and after the third round, all three performance times are added together, and the ranking is determined.

Performances are started in a standing position at the designated point. After the performances, the athlete must run to the marked pole/bell and touch it with enough force that the object makes a sound. The judge then fixes the time. Each athlete is accompanied by two trained judges.

Judges guide the athlete from exercise to exercise and count the repetitions performed.

It is mandatory to wear shoes during the competition.

Age groups are merged with the older age group if less than 4 athletes participate in the age group.

Age classes are calculated based on the age the athlete will be in the current year. Example: a 13-year-old athlete who turns 14 this year can still participate in the U14 category. A 14-year-old athlete who turns 15 this year cannot participate in the U14 category. He will move up to the U18 age group. We consider senior athletes from the age of 35.

KKK

- Squats are 90 degrees and hands are extended forward
- When jumping from a squat, straighten your knees during the jump
- There are burpees without push ups in U8 and U10 age categories
- The height of the box is 30 cm for up to 18-year-olds and 45 cm for adults

It is prohibited in the competition area:

- Smoking (E-cigarettes required)
- Leaving trash behind
- Unpolite word usage
- Use of own speakers
- Physical conflict
- Weapons
- Drugs
- Pyrotechnics
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For additional information please send an e-mail to info@kalisteenika.ee

U8 BOYS & GIRLS

EXERCISES ROUND 1

Box jumps– 5

Jumping squats– 10

Burpees– 5

Jumps over obstacle (30cm tall rope) – 15

EXERCISES ROUND 2

Push ups on knees– 10

Sit ups– 15

Step- ups on the spot with hands hanging on the bar– 10

Mountain climbers – 20

EXERCISES ROUND 3

Hanging knee raises – 5

Sit ups– 15

Burpees – 5

Mountain climbers – 20

Squats – 15

U10 BOYS & GIRLS

EXERCISES ROUND 1

Box jumps – 5

Jumping squats – 15

Jumps over obstacle (30cm tall rope)– 20

Burpees– 5

EXERCISES ROUND 2

Step- ups on the spot with hands hanging on the bar– 20

Australian pull ups – 10

Push ups – 7

Sit ups– 15

Mountain climbers– 20

EXERCISES ROUND 3

Hanging knee raises– 8

Sit ups– 20

Burpees – 5

Mountain climbers– 30

Lunges– 20

U14 BOYS & GIRLS

EXERCISES ROUND 1

Jumping squats – 15
Lunges– 20
Mountain climbers– 30
Squats – 20

EXERCISES ROUND 2

Australian pull ups – 15
Step- ups on the spot with hands hanging on the bar – 20
Sit ups– 20
Push ups – 7
Bench dips on box – 20

EXERCISES ROUND 3

Step- ups on the spot with hands hanging on the bar – 20
Knee raises between the P- bars– 15
Mountain climbers – 30
Jumps over obstacle (30cm tall rope) – 20
Sit ups – 15

U18 BOYS

EXERCISES ROUND 1

Box jumps – 10
Squats – 20
Jumps over obstacle (30cm tall rope) – 30
Squats with 180-degree jumps– 10
Lunges– 20

EXERCISES ROUND 2

Military pull-up – 10
Dips– 15
Sit ups– 30
Burpees– 10
Mountain climbers– 30

EXERCISES ROUND 3

Pull over on bar– 5
Hanging knee raises up to chest – 15
Dips – 15
Jumping squats– 30
Burpees– 30
Pull ups– 5

U18 GIRLS

EXERCISES ROUND 1

Jumping squats – 20

Lunges – 10

Jumps over obstacle (30cm tall rope) – 20

Squats with 180-degree jumps – 20

EXERCISES ROUND 2

Knee raises between the P- bars – 15

Australian pull ups – 15

Push ups– 15

Mountain climbers – 30

Bench dips on box – 15

EXERCISES ROUND 3

Hanging knee raises up to chest – 20

Box jumps– 15

Push ups – 20

Burpees– 15

MEN

EXERCISES ROUND 1

One leg squats on box (left leg) – 5

One leg squats on box (right leg) – 5

Box jumps – 20

Squats– 25

Jumps over obstacle (30cm tall rope) – 40

EXERCISES ROUND 2

Pull ups – 5

Straight bar dips – 20

Military pull-ups – 10

Dips – 20

Push ups– 30

EXERCISES ROUND 3

Pull ups – 8

Burpees– 20

Hanging knee raises– 40

Straight bar dips – 40

Box jumps – 20

Pull ups – 5

MEN SENIOR

EXERCISES ROUND 1

- One leg squats on box (left leg) – 5
- One leg squats on box (right leg) – 5
- Box jumps – 10
- Squats– 20
- Jumps over obstacle (30cm tall rope) – 20

EXERCISES ROUND 2

- Pull ups – 5
- Straight bar dips – 15
- Military pull-ups – 6
- Dips – 15
- Push ups– 25

EXERCISES ROUND 3

- Pull ups – 5
- Box jumps – 15
- Burpees– 10
- Hanging knee raises – 20
- Straight bar dips – 20
- Pull ups – 5

WOMEN

EXERCISES ROUND 1

- Squats– 20
- Jumps over obstacle (30cm tall rope) – 20
- Mountain climbers– 30
- Box jumps– 10
- Burpees– 5

EXERCISES ROUND 2

- Dips– 15
- Australian pull ups – 15
- Push ups – 15
- Straight bar dips – 10
- Bench dips on box– 10

EXERCISES ROUND 3

- Sit ups – 25
- Bench dips on box– 20
- Box jumps – 10
- Burpees– 15
- Hanging knee raises up to chest – 20

WOMEN SENIOR

EXERCISES ROUND 1

Squats – 20

Jumps over obstacle (30cm tall rope) – 15

Mountain climbers – 30

Box jumps– 10

Burpees – 5

EXERCISES ROUND 2

Step- ups on the spot with hands hanging on the bar – 10

Australian pull ups– 15

Sit ups– 15

Bench dips on box – 15

Push ups – 10

EXERCISES ROUND 3

Sit ups – 15

Bench dips on box– 15

Box jumps– 10

Burpees– 15

Hanging knee raises up to chest– 20

PARA ATHLETES

EXERCISES ROUND 1

Squats– 20

Jumps over obstacle (30cm tall rope) – 10

Mountain climbers – 10

Burpees – 10

EXERCISES ROUND 2

Hanging knee raises – 5

Push ups – 5

Tapping opposite sholder on push up position – 10

Sit ups– 10

EXERCISES ROUND 3

Sit ups – 10

Jumps over obstacle (30cm tall rope) – 10

Mountain climbers – 10

Burpees – 5