

Strength endurance rules and exercises

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

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

Judges help 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.

FAQ

- Squats are at 90 degrees and arms are stretched straight ahead
- When jumping from a squat, straighten your knees during the jump
- For age groups U8 and U10 there are cosmonauts without push-ups

U8 BOYS & GIRLS

EXERCISES ROUND 1

- Box jumps – 5
- Squat jumps – 10
- Burpee – 5
- Jumps over the rope (30cm) – 15

EXERCISES ROUND 2

- Push-up with knees – 10
- Sit-up – 15
- Kangil rippes kätega kohapeal astumised – 10
- Mountain climber – 20

EXERCISES ROUND 3

- Leg raises on the bar – 5
- Sit-up – 15
- Burpee – 5
- Mountain climber – 20
- Squats – 15

U10 BOYS & GIRLS

EXERCISES ROUND 1

- Box jumps – 5
- Squat jumps – 15
- Jumps over the rope (30cm) – 20
- Burpee – 5

EXERCISES ROUND 2

- Hanging on the bar and taping the bar – 20
- Australian pull-up – 10
- Push-up – 7
- Sit-up – 15
- Mountain climber – 20

EXERCISES ROUND 3

- Leg raises on the bar – 8
- Sit-up – 20
- Burpee – 5
- Mountain climber – 30
- Lunges – 20

U14 BOYS & GIRLS

EXCERCISES ROUND 1

Squat jumps – 15

Jumping lunges – 20

Mountain climber – 30

Squats – 20

EXCERCISES ROUND 2

Australian pull-up – 15

Hanging on the bar and taping the bar – 20

Sit-up – 20

Push-up – 15

Bench dips – 20

EXCERCISES ROUND 3

Hanging on the bar and taping the bar – 20

Leg raises on the parralels – 20

Mountain climber – 30

Jumps over the rope (30cm) – 40

Sit-up – 20

U18 BOYS

EXERCISES ROUND 1

Squats – 20
Jumps over the rope (30cm) – 30
180° Jumps – 10
Lunges+jump – 20
Box jumps – 10

EXERCISES ROUND 2

Military pull-up – 10
Dips – 15
Sit-up – 30
Burpee – 10
Mountain climber – 30

EXERCISES ROUND 3

Pullover on the bar – 5
Leg raises on the bar – 20
Dips – 20
Squat jumps – 30
Mountain climber – 30
Pull-up – 5

U18 GIRLS

EXERCISES ROUND 1

Squat jumps – 20
Lunges+jump – 10
Jumps over the rope (30cm) – 20
180° Jumps – 20

EXERCISES ROUND 2

Leg raises on the parralels – 15
Australian pull-up – 15
Push-up – 20
Mountain climber – 30
Bench dips – 15

EXERCISES ROUND 3

Leg raises on the bar – 20
Box jumps – 15
Push-up – 20
Burpee – 15

MEN

EXCERCISES ROUND 1

- One leg squat on the box (left leg) – 5
- One leg squat on the box (right leg) – 5
- Box jumps – 20
- Squats – 25
- Jumps over the rope (30cm) – 40

EXCERCISES ROUND 2

- Pull-up – 5
- Straight bar dips – 20
- Military pull-up – 10
- Dips – 20
- Push-up – 30

EXCERCISES ROUND 3

- Pull-up – 8
- Burpee – 20
- Leg raises on the bar – 40
- Straight bar dips – 40
- Box jumps – 20
- Pull-up – 5

MEN SENIOR

EXCERCISES ROUND 1

- One leg squat on the box (left leg) – 5
- One leg squat on the box (right leg) – 5
- Box jumps – 15
- Squats – 20
- Jumps over the rope (30cm) – 30

EXCERCISES ROUND 2

- Pull-up – 5
- Straight bar dips – 20
- Dips – 15
- Push-up – 25
- Military pull-up – 6

EXCERCISES ROUND 3

- Pull-up – 5
- Burpee – 15
- Leg raises on the bar – 30
- Straight bar dips – 30
- Box jumps – 15
- Pull-up – 5

WOMEN

EXCERCISES ROUND 1

Squats – 30
Jumps over the rope (30cm) – 30
Mountain climber – 30
Box jumps – 15
Burpee – 5

EXCERCISES ROUND 2

Dips – 15
Australian pull-up – 15
Straight bar dips – 10
Bench dips – 20
Push-up – 15

EXCERCISES ROUND 3

Sit-up – 25
Bench dips – 20
Box jumps – 10
Burpee – 15
Leg raises on the bar – 20

WOMEN SENIOR

EXCERCISES ROUND 1

Squats – 25

Jumps over the rope (30cm) – 20

Mountain climber – 30

Box jumps – 15

Burpee – 5

EXCERCISES ROUND 2

Hanging on the bar and taping the bar – 10

Australian pull-up – 15

Sit-up – 15

Bench dips – 15

Push-up – 10

EXCERCISES ROUND 3

Sit-up – 15

Bench dips kastil – 15

Box jumps – 10

Burpee – 15

Leg raises on the bar – 20