



Conseil International du Sport Militaire
International Military Sports Council
1st Military Functional Fitness Challenge **2023**
2nd – 9th July 2023



ANNEX 1

BRIEF DESCRIPTION OF THE WORKOUTS

Slight modifications to the workouts may be announced later.

Endurance

10 Round for time

- 400 m run
- 20 Kettlebell Swing (24 / 16 kg) up to shoulder height
- 20 Air-Squats

Team competition: Running with band (Swing and Squat in Sync)

Strength

Part 1 – Clean Sprint

3 x Clean for time

Men: 60, 75, 90 kg

Women: 42, 52, 62 kg

Team competition: 1 Women + 1 Men in Sync

Part 2 - Clean Ladder

Men: 100 / 110 / 120 / 130 / 135 / 140 / 145 / 150 / 155 / 160 kg

Women: 70 / 80 / 85 / 90 / 92.5 / 95 / 97.5 / 100 / 102.5 / 105 kg

Individual competition: Scoring according to max weight; in case of a tie in the number of repetitions, the time from part 1 decides the ranking

Team competition: Total number of successful cleans;
in case of a tie in the number of repetitions, the time from part 1 decides the ranking

Power

For Time

30 Thrusters 42 / 30 kg

AirBike 30 / 20 Cal

80 m run

Team competition: Sync Thrusters; Run starts after last one finished the AirBike; Time of the last is counted

Skill

For Time

Each Side: 5 x Single Dumbbell Overhead Squats

Men: 10 / 12.5 / 15 / 17.5 / 20 / 22.5 / 25 / 27.5 / 30 kg

Women: 5 / 7.5 / 10 / 12.5 / 15 / 17.5 / 20 / 22.5 / 25 kg

Team competition: Sync Squats



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Bodyweight

For Time
4 Rounds of
6 Pull Ups
6 Handstand Push Ups
1 Rope Climb
- into - *TIEBREAKER (Time)*
3 Rounds of
7 Strict Pull Ups
7 Strict Handstand Push Ups
7 Bar Muscle Ups
- into - *TIEBREAKER (Time)*
2 Rounds of
8 Chest to Bar Pull Ups
8 Deficit HSPU @ 25 cm / 15 cm
8 Ring Muscle ups
Team competition: IGYG (free strategy)

Mixed Model

For Time
50 Burpees
400 m Row
50 Wall Ball Shots
400 m Row
50 Walking Lunges
400 m Row
50 Deadlift 100 / 70 kg
400 m Row
50 Box Jumps
400 m Row
50 Sit-Ups
400 m Row
50 Burpees
Team competition: IGYG (free strategy)