

The Canterbury Tales Club Challenge

Events	Specification
Treadmill	Male: 400 m Female: 400 m
Bench Press	Male: 30 x 20 kg Female: 30 x 10 kg
Bike	Male: 1 km Female: 1 km
Box Steps	Male: 30 (2 x 8 kg d/b) Female: 30 (2 x 4 kg d/b)
Sit Ups - Full	Male: 25 Female: 25
Row	Male: 250 m Female: 250 m

The Canterbury Tales Club Plus Challenge

Events	Specification
Treadmill	Male: 500 m Female: 500 m
Bench Press	Male: 30 x 30 kg Female: 30 x 20 kg
Box Jumps	Male: 20 Female: 20
Treadmill	Male: 500 m @ 5% Female: 500 m @ 5 %
A - Stride Jumps Squats	Male: 20 Female: 20
Row	Male: 300 m Female: 300 m
Squat Thrusts	Male: 100 (Alternate) Female: 100 (Alternate)
Shoulder Press	Male: 30 x 20 kg Female: 30 x 10 kg

The Canterbury Tales Club Xtreme Challenge

Events	Specification
Treadmill	Male: 600 m @ 5% Female: 600 m @ 5%
Sit Ups - Full	Male: 30 Female: 30
Bench Jumps	Male: 30 (15 each side) Female: 30 (15 each side)
A - Stride Jumps Squats	Male: 20 (Reebok Deck) Full Lock Out Female: 20 (Reebok Deck) Full Lock out
Shoulder Press	Male: 30 x 25 kg Female: 30 x 15 kg
Step Ups	Male: 20 x 20 kg (Reebok Deck) Full Lock Out Female: 20 x 10 kg (Reebok Deck) Full Lock Out
Row	Male: 300 m Female: 300 m
Bench Press	Male: 30 x 40 kg Female: 30 x 20 kg
Treadmill	Male: 400 m @ 10 % Female: 400 m @ 10 %
Squat Thrusts	Male: 100 (Alternate) Female: 100 (Alternate)
Squats	Male: 30 x 25 kg Female: 30 x 15 kg
Row	Male: 250 m Female: 250 m