

THE



COURSES

MENS CUP COURSE	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 45kg		50 reps of 45kg
Step Ups	50 reps 10kg weights		50 reps 10kg weights
Sit ups	60 reps		60 reps
Row	500m		500m
Bench Press	40 reps of 35kg		40 reps of 40kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 25kg		40 reps of 25kg

WOMENS CUP COURSE	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 30kg		50 reps of 30kg
Step Ups	50 reps 5kg weights		50 reps 5kg weights
Sit ups	60 reps		60 reps
Row	500m		500m
Bench Press	40 reps of 20kg		40 reps of 25kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 15kg		40 reps of 15kg

MENS CLUB COURSE	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 30kg		50 reps of 35kg
Step Ups	50 reps 6kg weights		50 reps 6kg weights
Sit ups	30 reps		30 reps
Row	500m		500m
Bench Press	40 reps of 25kg		40 reps of 30kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 15kg		40 reps of 15kg

WOMENS CLUB COURSE	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 20kg		50 reps of 25kg
Step Ups	50 reps 3kg weights		50 reps 3kg weights
Sit ups	30 reps		30 reps
Row	500m		500m
Bench Press	40 reps of 10kg		40 reps of 15kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 5kg		40 reps of 10kg

MENS SHORT COURSE	INDIVIDUAL		PAIRS
Bike	1km		1km
Lat Pull Down	20 reps of 30kg		20 reps of 30kg
Step Ups	20 reps 6kg weights		20 reps 6kg weights
Sit ups	15 reps		15 reps
Row	300m		300m
Bench Press	20 reps of 25kg		20 reps of 25kg
Run	400m on 5%		400m on 5%
Shoulder Press	20 reps of 15kg		20 reps of 15kg

WOMENS SHORT COURSE	INDIVIDUAL		PAIRS
Bike	1km		1km
Lat Pull Down	20 reps of 20kg		20 reps of 20kg
Step Ups	20 reps 3kg weights		20 reps 3kg weights
Sit ups	15 reps		15 reps
Row	300m		300m
Bench Press	20 reps of 10kg		20 reps of 10kg
Run	400m on 5%		400m on 5%
Shoulder Press	20 reps of 5kg		20 reps of 5kg

JUNIORS - BOYS	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 30kg		50 reps of 30kg
Step Ups	50 reps 5kg weights		50 reps 5kg weights
Sit ups	30 reps		30 reps
Row	500m		500m
Bench Press	40 reps of 20kg		40 reps of 20kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 15kg		40 reps of 15kg

JUNIORS - GIRLS	INDIVIDUAL		PAIRS
Bike	1km		2km
Lat Pull Down	40 reps of 20kg		50 reps of 20kg
Step Ups	50 reps 3kg weights		50 reps 3kg weights
Sit ups	30 reps		30 reps
Row	500m		500m
Bench Press	40 reps of 10kg		40 reps of 10kg
Run	400m on 10%		400m on 10%
Shoulder Press	40 reps of 5kg		40 reps of 5kg