

# CALSO TAG PAIRS

FITNESS COMPETITION  
SATURDAY 8<sup>th</sup> DECEMBER – 2018

## ADVANCED

7 STATIONS - 7 MINUTES EACH STATION

BARBELL KEY: L=Large 4.5kg disc - M=Medium 2.3kg disc - S=Small 1.1kg disc

	<b>DISCIPLINE STATIONS</b>	<b>FEMALE</b>		<b>MALE</b>	
1	<b>X-TRAINER &amp; STEP UPS</b> (3 ½ minutes on each exercise)	<b>X-Trainer</b>	<b>Level - 12</b>	<b>X-Trainer</b>	<b>Level - 16</b>
		<b>Step Ups</b>	<b>5 Risers 7kg Dumbbells</b>	<b>Step Ups</b>	<b>5 Risers 12.5kg Dumbbells</b>
2	<b>BENCH JUMPS &amp; BENCH PRESS</b> (12 reps on each, then tag)	<b>Bench Jumps</b>	<b>7 - Risers</b>	<b>Bench Jumps</b>	<b>7 - Risers</b>
		<b>Bench Press</b>	<b>17.8kg Barbell-(LMS)</b>	<b>Bench Press</b>	<b>29kg Barbell-(LLL)</b>
3	<b>CYCLE &amp; STEP UPS</b> (3 ½ minutes on each exercise)	<b>Cycle</b>	<b>Level - 12</b>	<b>Cycle</b>	<b>Level - 16</b>
		<b>Step Ups</b>	<b>5 Risers 6kg Dumbbells</b>	<b>Step Ups</b>	<b>5 Risers 10kg's Dumbbells</b>
4	<b>PULL-DOWNS &amp; UPRIGHT ROW</b> (12 reps on each, then tag)	<b>Pull downs</b>	<b>6 Bars + Baby</b>	<b>Pull downs</b>	<b>9 Bars + Baby</b>
		<b>Upright Row</b>	<b>13.4kg Barbell-(MMS)</b>	<b>Step Ups</b>	<b>20kg Barbell-(LL)</b>
5	<b>ROW &amp; STEP UPS</b> (3 ½ minutes on each exercise)	<b>Row</b>	<b>Any damper</b>	<b>Row</b>	<b>Any damper</b>
		<b>Step Ups</b>	<b>5 Risers 5kg Dumbbells</b>	<b>Step Ups</b>	<b>5 Risers 7.5kg's Dumbbells</b>
6	<b>SQUAT THRUSTS &amp; SHOULDER PRESS</b> (12 reps on each, then tag)	<b>Squat Thrusts</b>	<b>Full Double leg</b>	<b>Squat Thrusts</b>	<b>Full Double leg</b>
		<b>Shoulder Press</b>	<b>13.4kg Barbell-(MMS)</b>	<b>Shoulder Press</b>	<b>20kg Barbell-(LL)</b>
7	<b>MED-BALL THROW &amp; SHUTTLE RUNS</b> (12 throws then 1 shuttle run - Repeat)	<b>Med-ball Throw</b>	<b>2 metre throw 8kg ball</b>	<b>Med-ball Throw</b>	<b>2 metre throw 12kg ball</b>
		<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>	<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>

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## INTERMEDIATE

7 STATIONS - 6 MINUTES EACH STATION

BARBELL KEY: L=Large 4.5kg disc - M=Medium 2.3kg disc - S=Small 1.1kg disc

	<b>DISCIPLINE STATIONS</b>	<b>FEMALE</b>		<b>MALE</b>	
1	<b>X-TRAINER &amp; STEP UPS</b> (3 minutes on each exercise)	<b>X-Trainer</b>	<b>Level - 9</b>	<b>X-Trainer</b>	<b>Level - 12</b>
		<b>Step Ups</b>	<b>4 Risers 6kg Dumbbells</b>	<b>Step Ups</b>	<b>4 Risers 8kg Dumbbells</b>
2	<b>BENCH JUMPS &amp; BENCH PRESS</b> (10 reps on each, then tag)	<b>Bench Jumps</b>	<b>5 – Risers Hands on 7 Risers</b>	<b>Bench Jumps</b>	<b>5 – Risers Hands on 7 Risers</b>
		<b>Bench Press</b>	<b>13.4kg Barbell (MMS)</b>	<b>Bench Press</b>	<b>20kg Barbell (LL)</b>
3	<b>CYCLE &amp; STEP UPS</b> (3 minutes on each exercise)	<b>Cycle</b>	<b>Level - 9</b>	<b>Cycle</b>	<b>Level - 12</b>
		<b>Step Ups</b>	<b>4 Risers 5kg Dumbbells</b>	<b>Step Ups</b>	<b>4 Risers 7kg's Dumbbells</b>
4	<b>PULL-DOWNS &amp; UPRIGHT ROW</b> (10 reps on each, then tag)	<b>Pull downs</b>	<b>5 Bars +Baby</b>	<b>Pull downs</b>	<b>7 Bars + Baby</b>
		<b>Upright Row</b>	<b>11kg Barbell-(L)</b>	<b>Step Ups</b>	<b>15.8kg Barbell-(MMM)</b>
5	<b>ROW &amp; STEP UPS</b> (3 minutes on each exercise)	<b>Row</b>	<b>Any damper</b>	<b>Row</b>	<b>Any damper</b>
		<b>Step Ups</b>	<b>4 Risers 4kg Dumbbells</b>	<b>Step Ups</b>	<b>4 Risers 6kg's Dumbbells</b>
6	<b>SQUAT THRUSTS &amp; SHOULDER PRESS</b> (10 reps on each, then tag)	<b>Squat Thrusts</b>	<b>Alternate Single leg-12 e/s</b>	<b>Squat Thrusts</b>	<b>Alternate Single leg-12 e/s</b>
		<b>Shoulder Press</b>	<b>11kg Barbell-(L)</b>	<b>Shoulder Press</b>	<b>15.8kg Barbell-(MMM)</b>
7	<b>MED-BALL THROW &amp; SHUTTLE RUNS</b> (10 throws then 1 shuttle run - Repeat)	<b>Med-ball Throw</b>	<b>2 metre throws 5kg ball</b>	<b>Med-ball Throw</b>	<b>2 metre throws 8kg ball</b>
		<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>	<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>

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SATURDAY 8<sup>th</sup> DECEMBER – 2018

## NOVICE

7 STATIONS - 5 MINUTES EACH STATION

BARBELL KEY: L=Large 4.5kg disc - M=Medium 2.3kg disc - S=Small 1.1kg disc

	<b>DISCIPLINE STATIONS</b>	<b>FEMALE</b>		<b>MALE</b>	
1	<b>X-TRAINER &amp; STEP UPS</b> (2 ½ minutes on each exercise)	<b>X-Trainer</b>	<b>Level - 6</b>	<b>X-Trainer</b>	<b>Level - 8</b>
		<b>Step Ups</b>	<b>3 Risers 4kg Dumbbells</b>	<b>Step Ups</b>	<b>3 Risers 6kg Dumbbells</b>
2	<b>BENCH JUMPS &amp; BENCH PRESS</b> (8 reps on each, then tag)	<b>Bench Jumps</b>	<b>Lid only Hands on 7 Risers</b>	<b>Bench Jumps</b>	<b>Lid only Hands on 7 Risers</b>
		<b>Bench Press</b>	<b>11kg Barbell-(L)</b>	<b>Bench Press</b>	<b>15.6kg Barbell-(LM)</b>
3	<b>CYCLE &amp; STEP UPS</b> (2 ½ minutes on each exercise)	<b>Cycle</b>	<b>Level - 6</b>	<b>Cycle</b>	<b>Level - 8</b>
		<b>Step Ups</b>	<b>3 Risers 3kg Dumbbells</b>	<b>Step Ups</b>	<b>3 Risers 5kg's Dumbbells</b>
4	<b>PULL-DOWNS &amp; UPRIGHT ROW</b> (8 reps on each, then tag)	<b>Pull downs</b>	<b>4 Bars + Baby</b>	<b>X-Trainer</b>	<b>6 Bars + Baby</b>
		<b>Upright Row</b>	<b>8.8kg Barbell-(MS)</b>	<b>Step Ups</b>	<b>13.2kg Barbell-(LS)</b>
5	<b>ROW &amp; STEP UPS</b> (2 ½ minutes on each exercise)	<b>Row</b>	<b>Any damper</b>	<b>Row</b>	<b>Any damper</b>
		<b>Step Ups</b>	<b>3 Risers 2kg Dumbbells</b>	<b>Step Ups</b>	<b>3 Risers 4kg's Dumbbells</b>
6	<b>SQUAT THRUSTS &amp; SHOULDER PRESS</b> (8 reps on each, then tag)	<b>Squat Thrusts</b>	<b>Alternate Single leg 8 e/s Hands on 5 Risers</b>	<b>Squat Thrusts</b>	<b>Alternate Single leg 8 e/s Hands on 5 Risers</b>
		<b>Shoulder Press</b>	<b>8.8kg Barbell-(MS)</b>	<b>Shoulder Press</b>	<b>13.2kg Barbell-(LS)</b>
7	<b>MED-BALL THROW &amp; SHUTTLE RUNS</b> (8 throws then 1 shuttle run - Repeat)	<b>Med-ball Throw</b>	<b>2 metre throws 3kg ball</b>	<b>Med-ball Throw</b>	<b>2 metre throws 5kg ball</b>
		<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>	<b>Shuttle Runs</b>	<b>20 meter 1 x shuttle</b>