

**START**



**500m**  
walk/run

**500m MT DRURY  
SANDBAG CARRY**  
Open: 15 kg  
(Teams: Everyone takes 1 bag)

**BEAR CRAWL 50m**

Body weight  
(Teams: Everyone completes)

**500m**  
walk/run

**1km or 500m**  
walk/run

**SLED PULL 30m**  
Open: 30kg - Elite: 40kg  
(Teams: 1 out and back per person)

**BOX STEP OVERS  
60 REPS 61cm BOX**

Open: Body weight

**1km or 500m**  
walk/run

**1km or 500m**  
walk/run

**FARMERS CARRY  
200m**  
Open: 2 x 16kg  
1km or 500m walk/run (1 set per team)

**DEADBALLS 30 REPS** **1km or 500m**  
walk/run

Open: 15kg med ball  
Elite: 20kg med ball

**1km or 500m**  
walk/run

**WALL BALLS  
60 REPS 2.8m**  
Open Men: 6kg - Elite Men: 9kg  
Open Women: 3kg - Elite Women: 6kg

**FINISH**

**WARPED WALL** **1km or 500m**  
walk/run  
Option: 50m Walking  
lunges, Body weight



**UA** **ULTIMATE ATHLETE**  
BEACH FITNESS CHALLENGE  
**MOUNT MAUNGANUI BEACH**  
**SAT 11<sup>TH</sup> APRIL 2026**



**UA 500**  
# FUNCTIONAL CHALLENGES 500M



**UA 1000**  
# FUNCTIONAL CHALLENGES 1000M

	5
4	6
3	7
2	8