

**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  
Elite: 10kg power bag

**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**

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

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



**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**

Option: 50m Walking  
lunges. Body weight

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



1

1000M  
RUN/WALK LOOP

500M  
RUN/WALK LOOP

5

4

6

3

7

2

8



**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