

UA[®] ULTIMATE ATHLETE
BEACH FITNESS CHALLENGE
HYBRID
MOUNT MAUNGANUI BEACH
SAT 10TH OCT 2026

UA500

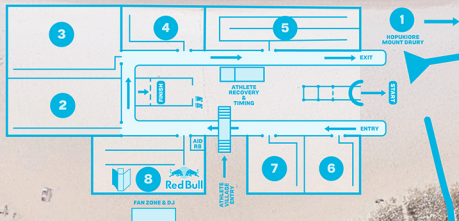
8 FUNCTIONAL CHALLENGES  500M
RUN/WALK LOOP

UA1000

8 FUNCTIONAL CHALLENGES  1000M
RUN/WALK LOOP


500M
RUN/WALK LOOP


1000M
RUN/WALK LOOP



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
(1 set per team)

DEADBALLS 30 REPS

Over Shoulder
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 OR 50m WALKING LUNGES

Body weight

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

