

Xtyle Teen Challenge Combination Events:

1. Sit up into full standing position, Box Jump, Burpie, Box Jump

Requirements:

- a. Sit Up into full standing position
 - Arms may be used to gather momentum, but hands may not be lifted above the head
 - When standing up, hands may NOT be used to push the competitor off the ground, legs may NOT be crossed.
- b. Box Jump:
 - The competitor may swing his or her arms when jumping onto the box
 - The height of the box will be determined as the closest box size matching the height of the centre of the competitor's shin
 - At least 2/3 of the foot of the competitor must land on the box when jumping up, not only the toes
- c. Burpie:
 - The competitor must jump backwards with both feet together and at the same time, no stepping backwards or parting of feet are allowed
 - The stomach and chest of the competitor must touch the floor, feet must be kept together
 - The competitor must jump forward with both feet together and at the same time, no stepping forward or parting of feet are allowed

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Xtyle Teen Challenge Combination Events:

2. Tuck Jumps, Push Ups with medicine ball, Squat Thrusts

Requirements:

a. Tuck Jumps:

- The competitor may swing his or her arms when jumping
- Knees have to be lifted 90 degrees or higher

b. Push Ups:

- Both ladies and men will do full push ups with body straight and legs extended
- Feet may be a maximum of 10cm apart
- The body must remain in a straight "bridge-like" form and the bum may not be lifted
- The back may not be arched
- When going down, the elbows must be bent at a min angle of 90degrees

c. Squat Thrusts:

- The competitor's feet may not be closer than the edges of the shoulders or wider than 1metre apart when squatting
- Toes may be faced slightly outward, but may not be completely outward such as in ballet
- Arms may NOT be swung when jumping
- Legs must be bent 90 degrees or more when squatting
- The competitor's full foot (toes and heels) must be on the floor when squatting
- Feet must touch the floor at the same time

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Xtyle Teen Challenge Combination Events:

3. Frog Cross Jumps, Mountain Climbers, Tuck Jumps

Requirements:

- a. Frog Cross Jumps:
 - When squatting down the competitor's back must remain straight and in an upright position
 - Legs must be bent lower than 90 degrees
 - Hands must touch the floor when squatting
 - Arms must be lifted above the head when jumping up
 - Feet must lift 10cm or higher off the ground when jumping
- b. Mountain Climbers:
 - Hands must remain on the floor and arms extended
 - Body must be in a straight (plank-like) position
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - Knees must be lifted 90 degrees or higher and straight to the chest
 - When putting feet together, they may not be more than 10cm apart
- c. Tuck Jumps:
 - The competitor may swing his or her arms when jumping
 - Knees have to be lifted 90 degrees or higher

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Xtyle Teen Challenge Combination Events:

4. Horizontal Jumps, Mountain Climbers, Ab Twists

- a. Horizontal Jumps
 - Hands must remain on the floor, shoulder width apart and arms extended
 - Body must be in a straight (plank-like) position while doing all movements
 - The back may not be arched
 - With the open jump, the feet have to be more than shoulder width apart
 - With the close jump, feet must be together or not more than 5cm apart
- b. Mountain Climbers:
 - Hands must remain on the floor and arms extended
 - Body must be in a straight (plank-like) position
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - Knees must be lifted 90 degrees or higher and straight to the chest
 - When putting feet together, they may not be more than 10cm apart
- c. Ab Twists:
 - One Hand must be on the floor and arm must be extended
 - Body must be in a straight (plank-like) position
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - The entire body must be turned into a side plank position and when fully extended onto one side, only one foot may touch the ground
 - When facing downwards, both feet must touch the ground and may not be more than 10cm apart

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Xtyle Teen Challenge Combination Events:

5. Crab Walks, Side Jumps, Ball Throws

- a. Crab Walks
 - One hand must be on the floor at any given time
 - Body must be in a straight (plank-like) position
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - Feet must be on the toes
 - One foot must be on the floor at any given time
- b. Side Jumps
 - The Height of the jump will be as follows:
 - o For ages 13 to 15: 15cm high
 - o For ages 16 to 19: 25cm high
 - Competitors may swing their arms to gain momentum when jumping
 - Both feet must leave and touch the ground together before and after the jump
 - Feet may not be more than 5cm apart at all times
- c. Ball Throws
 - The body must be in a straight upright position
 - The back may not be arched
 - The competitor's legs may not be bent when throwing the ball – no momentum may be used
 - Feet must be shoulder width apart
 - The ball must be thrown from the chest upwards, arms must be extended when the ball is thrown
 - The ball must be thrown at least 10cm above the palms of the hands

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Xtyle Teen Challenge Combination Events:

6. Chest pull ups, Mountain Climbers on ball, Box Jumps

- a. Chest pull ups
 - i. Guys – Body must be fully extended with legs straight, only the heels of the feet may touch the floor. Feet may not be more than 5cm apart
 - ii. Girls - Body must be in a straight (plank-like) position with knees bent and feet flat on the floor. Feet may be shoulder width apart
- Hands must be shoulder width apart
- Palms must be faced towards the competitor's feet
- Arms must be fully extended when going towards the floor and no momentum may be used to pull up
- Chin must be above the bar when pulling up
- Bum may not be dropped at any time
- b. Mountain Climbers on ball
 - Both hands must remain on the medicine ball at all times and arms extended
 - The ball must be placed directly under the competitor's shoulders
 - Body must be in a straight (plank-like) position
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - Knees must be lifted 90 degrees or higher and straight to the chest
 - When putting feet together, they may not be more than 10cm apart
- c. Box Jump:
 - The competitor may swing his or her arms when jumping onto the box
 - The height of the box will be determined as the closest box size matching the height of the centre of the competitor's shin
 - At least 2/3 of the foot of the competitor must land on the box when jumping up, not only the toes

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Xtyle Teen Challenge Combination Events:

7. Push up and reach, Ab Kick Outs, sit up into tuck jump

- a. Push up and reach:
 - Hands must be under the competitor's shoulders
 - Arms must be extended when reaching forward and one hand must remain on the floor
 - Body must be in a straight (plank-like) position and shoulders may not be twisted when reaching forward
 - The back may not be arched
 - The bum may not be lifted while doing the movements
 - Feet may not be more than 10cm apart
- b. Ab Kick Outs:
 - Only the competitor's glutes may be on the step
 - When kicking out, legs must be extended completely and the body must be in a straight (plank-like) position
 - Back must be kept straight and no arching is allowed
 - Arms must be crossed on the competitor's chest and elbows may NOT be lifted to create momentum
- c. Sit Up into full standing position
 - Arms may be used to gather momentum, but hands may not be lifted above the head
 - When standing up, hands may NOT be used to push the competitor off the ground, legs may NOT be crossed.
- d. Tuck Jumps:
 - The competitor may swing his or her arms when jumping
 - Knees have to be lifted 90 degrees or higher

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Xtyle Teen Challenge Combination Events:

8. Spiderman walks forward and backward, burpies, tuck jumps

- a. Spiderman walks
 - The body must remain in a straight as possible line in other words, the bum may not be lifted alone
 - When doing the push up, the toes of both feet must touch the ground
 - When doing the push up, elbows must be bent 90 degrees or lower
 - Opposite arm and leg must be used to do the walks
- b. Burpies
 - The competitor must jump backwards with both feet together and at the same time, no stepping backwards or parting of feet are allowed
 - The stomach and chest of the competitor must touch the floor, feet must be kept together
 - The competitor must jump forward with both feet together and at the same time, no stepping forward or parting of feet are allowed
- c. Tuck Jumps
 - The competitor may swing his or her arms when jumping
 - Knees have to be lifted 90 degrees or higher

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