

Xtyle Teen Challenge Individual Events:

1. Rope Climb

- Feet must be placed firmly on the step or box, any part of both feet have to be on the step or box at all times
- Knees may be bent
- No momentum may be used and the body may not be jerked upwards to complete any rep
- Any part of the back must touch the floor to complete a rep
- The competitor must be in a full standing position to complete a rep

2. Plank On Medicine Ball – LADIES ONLY

- Both hands have to remain on the medicine ball at all times
- Arms have to be extended
- Shoulders may not be tensed
- Body has to remain in a straight Plank-like position, the back may not be arched
- Feet must be on the toes only
- Feet may not be more than 10cm apart
- The ball must be placed directly under the competitor's shoulders

3. Plank On Medicine Ball with feet on stability ball – MEN ONLY

- Both hands have to remain on the medicine ball at all times
- Arms have to be extended
- Body has to remain in a straight Plank-like position, the back may not be arched
- Both feet have to remain on the stability ball at all times
- The feet along with half the shin may be on the stability ball
- The medicine ball must be placed directly under the competitor's shoulders

4. Hanging Leg Extentions

- Arms must be extended
- Hands must be placed shoulder width apart
- Legs must be lifted forward and may be slightly bent while holding
- No swinging allowed

5. Gun Ex Single and Double