



LOWE'S YMCA 2019 HONORING OUR HEROES BOOTCAMP CHALLENGE 5K COURSE DESCRIPTIONS

The HOH Bootcamp Challenge 5K is a tough but achievable challenge for youth (8 and up) and adults of all levels. Whether negotiating the 3.1 mile course as an individual or team, participants will be challenged as they negotiate obstacles and test their strength, stamina, and endurance. In honor of those who served and currently serve our great country, we step up to the Challenge with our motto, "Never Quit. Never Forget."

We encourage teamwork throughout the challenge. Team up and work through it! Motivate one another on your way to mission accomplishment!

LOW CRAWL

All: Crawl on all fours or lay on back using your elbows and legs to push forward as you move through the obstacle without having your body touch the top of the obstacle. If at any time the body part touches the top rope, the individual will start over.

TIRE FLIP

Adult: 2 flips one direction, 2 flips back. 4 flips total.

Youth: 1 flips one direction, 1 flip back. 2 flips total.

Team: 4 flips one direction, 4 flips back. 6 flips total.

BALANCE BEAM

All: Walk across balance beam without touching the ground. If at any time individual touches the ground, they must start over.

TIRES DRILL

All: Move through one of two obstacles ensuring all tires are stepped in. Failing to step in a tire will result in having to restart obstacle. If you fall over, get up and complete the obstacle.



"HI-LO" Ropes Obstacle

All: Negotiate through a series four rope obstacles in a row.

1. High-knee over rope
2. Low-crawl under rope
3. High-knee over rope
4. Low-crawl under rope

BEAR CRAWL HILL

All: Bear crawl (all-fours walk) up 3 hills, walking or running down hills in between.

FIELD DAYS

All: As fast as possible complete number of reps at each station and **DUCK WALK** to the next yard line.

Adult/Youth:

Start line- 10/7 Push-ups, Duck Walk to 10 yard line
10 yard line – 9/6 Burpee, Bear Walk to 20 yard line
20 Yard Line – 8/5 Push-ups, Duck Walk to 30 yard line
30 yard line – 7/4 Burpee, Bear Crawl to 40 yard line
40 yard line – 6/3 Push-ups,
Move to next station **(Sit and Jump)**

SIT AND JUMP

All: As fast as possible complete number of reps at each station and **LONG JUMP** to the next yard line.

Adult & Youth:

Start line- 15 Sit-ups
10 yard line – 20 Jumping Jacks
20 Yard Line – 10 Sit-ups
30 yard line – 15 Jumping Jacks
40 yard line – 5 Sit-ups
Follow arrows and move to next station **(Peanut Butter & Jelly Time)**



PEANUT BUTTER & JELLY TIME

Adult: Complete 10 pull-ups or chin-ups or a combination of the two exercises. For every pull-up/chin-up not completed, individual will complete two (2) burpees. Once pull-up portion complete, participant will complete 25 above-head hand claps before moving to **Sandbag Alley**.

Youth: Complete 5 pull-ups or chin-ups or a combination of the two exercises. For every pull-up/chin-up not completed, individual will complete one (1) burpee. Once pull-up portion complete, participant will complete 15 above-head hand claps before moving to **Sandbag Alley**.

SANDBAG ALLEY

When arriving at station, everyone will lunge walk to sandbag pile. From there, grab one sandbag ranging from 10-35lbs. Your choice! Move to the start line and complete "Sandbag Alley."

Adults/Youth: (Note: All exercises completed with sandbag!)

Start line- 18/9 Thrusters (Squat and Press sandbag over head)

10 yard line – 16/8 four-count Flutter Kick Chest Presses

20 Yard Line – 14/7 Air Squats (Holding sandbag at stomach/chest level)

30 yard line – 12/6 Push-ups (Chest touches sandbag)

40 yard line – 10/5 Sandbag Slams. Follow arrows and move to finish line with sandbag. Sandbags will be dropped off at bottom of Bear Crawl Hill.

FINAL MOVEMENT TO THE FINISH LINE

Once complete with Sandbag Alley, participants will take the sandbag with them and complete a lap around track where they will turn right at flag pole and proceed to the designated sandbag drop-off point located at the bottom of the last hill.

After dropping off sandbag, continue to proceed to the finish line completing the following obstacles

1. "Hi-Lo" Ropes Obstacle
2. Balance beam
3. Low crawl

Participants will **NOT** flip tires on the way back as they move to finish line.

Once participants cross the finish line, they will receive their Honoring Our Heroes Event "DOG TAGS".