

GRIT FORCE


THE ULTIMATE CHALLENGE

21 OCT - 10 NOV 2024



UNLEASH YOUR INNER WARRIOR WITH GRIT FORCE!

Join us for Grit Force, the ultimate endurance and strength challenge designed to test you.

- CATEGORIES** Choose your level; Ignite, Surge or Elite
- REGISTER** See reception to complete your registration form & book your challenge session by 17 Oct
- ENTRY FEE** \$20; 50% donated to National Breast Cancer Foundation
- PRIZES**
- First male & female in each category go in the lucky draw:
 - Dietitian Consultation valued at \$150
 - PT packs (60m + 30m) with RJ, Max or Pia valued at \$123
 - \$50 Baywash carwash vouchers
 - Runner-up male & female in each category:
 - \$30 Powerdose gift card
-  Every entrant who completes the challenge will go in the draw to win a 45min Massage with Mel from Complete Balance

**KEEN TO KNOW MORE?
KEEP READING...**



**ENTRIES
CLOSE
THU 17 OCT**

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WHAT IS GRIT FORCE?

Grit Force is a challenge that combines high-intensity cardio with powerful strength exercises to deliver a workout that's as demanding as it is rewarding. Whether you're aiming to crush personal records or elevate your training game, this workout is your next step towards peak performance. Your goal is to complete your challenge in the fastest time possible.

WHY SIGN UP FOR GRIT FORCE?

Comprehensive Fitness Test: Challenge every aspect of your fitness, from strength and endurance to agility and resilience.

Push Beyond Limits: Achieve new personal bests and push through barriers you didn't think possible.

Support: Train beside a trainer who will encourage and motivate you to reach new heights.

WHAT TO EXPECT

- Your challenge session will be coached, judged and timed by a trainer, with the goal to complete it as fast as possible.
- Allow 60 - 90 minutes to complete your challenge.
- Repetitions that do not meet the required technique will not be counted.
- Technique videos will be available on our socials leading up to the start date. We also highly recommend checking in with our trainers in advance if you have any questions about this.
- There is a maximum of one trainer-timed session per entrant, however feel free to complete trials on your own in advance.

CHOOSE YOUR LEVEL

To make it accessible for everyone there are three levels of intensity to choose from. To help you pick your level, use the following as a guide:

Grit Force Ignite (Entry Level) -

Be able to run 4km, do 15 proper burpees, 500m Ski Erg and 75-100 wall balls

Grit Force Surge (Intermediate) -

Be able to run 5.5km, do 35 proper burpees, 750m Ski Erg and 75-100 wall balls

Grit Force Elite (Advanced) -

Be able to run 7km, do 55 proper burpees, 1000m Ski Erg and 75-100 wall balls

CHECK OUT THE FULL CHALLENGE ON THE FOLLOWING PAGE

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CHOOSE YOUR CHALLENGE

GRIT FORCE IGNITE

500m Ski Erg
500m Run (note: all runs to be performed on the Skillmill)
18m Sled Push (add body weight to sled)
500m Run
18m Sled Pull (add body weight to sled)
500m Run
10x Bar Facing Burpee (20kg on either side)
500m Run
500m Row
500m Run
Wall Balls 75reps x 4kg (female) or 100reps x 6kg (male)
500m Run

GRIT FORCE SURGE

750m Ski Erg
750m Run (note: all runs to be performed on the Skillmill)
18m Sled Push (body weight & a half added to sled)
750 Run
18m Sled Pull (body weight & a half added to sled)
750m Run
30x Bar Facing Burpee (20kg on either side)
750m Run
750m Row
750m Run
Wall Balls 75reps x 4kg (female) or 100reps x 6kg (male)
750m Run

GRIT FORCE ELITE

1000m Ski Erg
1000m Run (note: all runs to be performed on the Skillmill)
30m Sled Push (double body weight added to sled)
1000 Run
30m Sled Pull double body weight added to sled)
1000 Run
50 x Bar Facing Burpee (20kg on either side)
1000m Run
1000m Row
1000m Run
Wall Balls 75reps x 6kg (female) or 100reps x 9kg (male)
1000m Run