


|  | PULL<br>UPS | PUSH<br>UPS | SIT<br>UPS | AIR<br>SQUATS | RUCK<br>DISTANCE   | 20 LB<br>WEIGHTED<br>VEST OR<br>RUCK PACK |
|---|-------------|-------------|------------|---------------|--------------------|---|
| <b>JUNIOR RENEGADE</b><br>(Individual)  | 5           | 10          | 15         | 25            | 5K<br>Walk/Jog/Run | No  |
| <b>RENEGADE</b><br>(Individual)   | 10          | 22          | 50         | 75            | 5K<br>Walk/Jog/Run | No  |
| <b>TEAM WARRIOR</b><br>(Teams of 2-5)   | 25          | 50          | 75         | 100           | 5K<br>Walk/Jog/Run | No  |
| <b>ELITE WARRIOR</b><br>(Individual)  | 25          | 50          | 75         | 100           | 5K<br>Walk/Jog/Run | Yes                                       |

**FOOTNOTE:** Ages 16 and under must be accompanied by an adult. Assist/modified workouts will be provided.)