

# EXERCISE PROTOCOLS

## CEREMONY GAMES EXERCISE PROTOCOLS

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Ski Trainer: Damper on 7 for all tiers

Squat Thruster: Tier 2 – 20kg bar, Tier 1 – 30kg bar.  
Butt to knee height range in squat.

Slam over the shoulder: Tier 2 – 15kgs,  
Tier 1 – 20kgs. Butt to knee height squat to  
pick up ball

Rower: Damper on 7 for all tiers

Back Stepping Lunge: Knee to 90 degree range.  
KBs Farmers Carry grip.

Push-up Shoulder Tap: All Tiers - all push-up on  
toes. Elbows to chest height range, hand must touch  
opposite shoulder.

Air Bike: Arms not compulsory

Burpee Hurdle Jump: Squat to plank (half) burpee,  
hips inline with shoulders, double foot jump and  
landing over hurdle.

Click below to see the exercise protocol for our  
CEREMONY GAMES in action

