



# EVERYDAY HERO GAMES

## 2024

### EVENT 3 "TEACHER"

**FOR REPS:**  
**3 MINUTES TO COMPLETE**  
*(GRADUATING TIME CAP)*  
**2 ROUNDS**  
**50ft Dumbbell Lunge**  
**10 Bench Press**  
 \*\*Bench press reps will increase by 2 reps each 3:00 period\*\*

### DIVISION VARIATIONS

**CHIEF:**  
**2 ROUNDS**  
**50ft Dumbbell Lunge (2-50's/2-35's)**  
**10 Bench Press (135/95)**

**OFFICER:**  
**2 ROUNDS**  
**50ft Dumbbell Lunge (2-35's/2-20's)**  
**10 Bench Press (95/65)**

Additional notes:

- Dumbbells can be held in any fashion (i.e. farmer carry, on shoulders, overhead). No grip standard but a hand must remain in contact with each dumbbell at all times.
  - Dumbbells cannot be propped on working leg if utilizing farmer carry.
- Every 5 feet on lunge are counted as a rep (10 possible reps total)
- Athletes have 3:00 minutes to complete two rounds. If an athlete finishes before the 3:00 min cap, they can immediately begin the next 2 round section and their time cap increases by an additional 3:00 minutes. Once the athlete fails to complete the required work under their time cap, they have finished the workout.
  - Bench press reps increase by 2 reps for every two rounds the athlete completes:
    - 1st 2 rounds: 10 Bench Press
    - 2nd 2 rounds: 12 Bench Press
    - Etc...

### EVENT 3 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

SET 1	50' DB LUNGE	10
	10 BENCH PRESS	20
	50' DB LUNGE	30
	10 BENCH PRESS	40

3:00 CAP, MUST BE COMPLETED BY 3:00

SET 2	50' DB LUNGE	50
	12 BENCH PRESS	62
	50' DB LUNGE	72
	12 BENCH PRESS	84

3:00 CAP, MUST BE COMPLETED BY 6:00

SET 3	50' DB LUNGE	94
	14 BENCH PRESS	108
	50' DB LUNGE	118
	14 BENCH PRESS	132

3:00 CAP, MUST BE COMPLETED BY 9:00

SET 4	50' DB LUNGE	142
	16 BENCH PRESS	158
	50' DB LUNGE	168
	16 BENCH PRESS	184

3:00 CAP, MUST BE COMPLETED BY 12:00

SET 5	50' DB LUNGE	194
	18 BENCH PRESS	212
	50' DB LUNGE	222
	18 BENCH PRESS	240

3:00 CAP, MUST BE COMPLETED BY 15:00

SET 6	50' DB LUNGE	250
	20 BENCH PRESS	270
	50' DB LUNGE	280
	20 BENCH PRESS	300

**REPS COMPLETED:**

**ATHLETE NAME:** \_\_\_\_\_

**ATHLETE SIGNATURE:** \_\_\_\_\_

**JUDGE NAME:** \_\_\_\_\_





## EVENT 3 - SCORECARD

SCORE SUBMISSIONS DUE MONDAY, MAY 6, 11:59PM (CST).

**FILMING:** If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

## MOVEMENT STANDARDS

**DUMBBELL LUNGES:** Athletes will start by holding the Dumbbell in any fashion as long as their hands remain in contact with the handles. (Overhead, on the shoulder, or farmer's carry). Athletes will start by standing tall and take a step forward. The trailing knee will make contact with the ground. Athletes will then stand up and bring their feet back together with the hips and knees fully extended. Athletes may pass through the top and take their next step without a pause as long as they show full extension. Shuffling the feet is not allowed.

**BENCH PRESS:** Athletes will begin lying on a flat bench under a barbell. The barbell will begin fully extended overhead. The athlete will lower the barbell, making contact with any portion of the torso, and then return to full extension. Both feet must stay in contact with the floor at all times. Shoulders and glutes must stay in contact with the bench for the entirety of the rep. Floor pressing is not allowed. Use of an incline or decline bench is not allowed. The athlete is allowed a 40 in. working area on the barbell, which should be clearly marked with tape on the bar. If any portion of the fingers or hands make contact with the barbell tapeline (or outside of this area), the athlete will receive a no-rep. Athletes are allowed to place feet on plates if needed. Athletes are permitted any type of overhand grip style and thumbs around the bar are encouraged. The athlete must have clips on their bar before lifting and the use of a spotter is also highly encouraged. Any assistance from the spotter between the movement portion of the athlete lowering the bar or reaching full extension will result in a no-rep. Clear lockout between reps and on the final rep must be demonstrated. Locking the bar out "into the rig" on the final rep will result in a no-rep.

**DISCLAIMER:** Any effort that is made on the athlete's part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.