



**Y**ARD GAMES  
**EVENT PROGRAMME**

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**SATURDAY 26TH JULY 2025**

IN COLLABORATION WITH

BluecoatSports  
Christ's Hospital



## Lifting\*

Pro: Mens | Pro: Womens | Novice: Mens | Novice: Womens

Deadlift (3RM) | 100kg | 70kg | 40kg | 30kg

## Lifting\*

Pro: Mens | Pro: Womens | Novice: Mens | Novice: Womens

Overhead (3RM) | 50kg | 20kg | 25kg | 15kg

\*Minimum Weights

## Endurance\* (20 mins)

Novice: Run (4 laps) | Row (1000m) | SkiErg\*\* | Pro: Run (6 laps) | Row (1500m) | SkiErg\*\*

\* 1 lap = 200m

\*\*Max distance for remaining time

# Metcon

## Pro

<b>Exercise</b>	<b>Weight</b>	<b>Rep / Distance</b>
Front Squat	M: 12kg F: 8kg	30
Farmer Carry (80m)	M: 28kg F: 20kg	80m
Devil Press	M: 12.5kg F: 7.5kg	30
Corebag Walking Lunges (40m)	M: 20kg F: 10kg	40m
GTOH	M: 25kg F: 15kg	30
Burpee Broad Jump	Bodyweight	40m

## Novice

<b>Exercise</b>	<b>Weight</b>	<b>Rep / Distance</b>
Goblet Squat	M: 12kg F: 8kg	30
Farmer Carry (80m)	M: 20kg F: 16kg	80m
Clean & Press	M: 12kg F: 8kg	30
Walking Lunge (40m)	Bodyweight	40m
GTOH	M: 10kg F: 5kg	30
Broad Jump	Bodyweight	40m