WINE ROX 2.0

OFFICIAL MOVEMENT GUIDE



7 STATIONS / 7 RUNS / ONE TEAM / ONE MISSION

THE GYM · NPL NUTRITIONAL PERFORMANCE LABS · Dis-Chem PHARMACIES · VRL VAN LOVEREN · LARA'S

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Race format:

500m run

01 DB Snatches

500m run

02 Box Step Overs

500m run

03 Synchro Air Squats

500m run

04 Sandbag Bear Hug Carry

500m run

05 Plate Walking Lunges

500m run

06 Burpee Broad Jumps

500m run

07 Plate Farmers carry

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STATION 01

DUMBBELL SNATCHES x 100



100 REPS

Male15kg | Female10kg | Mixed: each uses division weight

- Dumbbell touches floor at the start of each rep.
- Lift overhead in one continuous movement.
- Fully extend knees, hips and working arm at the top.
- Alternate arms after each successful rep.
- Partners may share repetitions.

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STATION 02

BOX STEP OVERS x 80



80 REPS

Male 24 inch | Female20 inch | Mixed: division height

- Step onto the box and cross to the opposite side.
- Both feet must contact the top of the box.
- No jumping over the box.
- Rep counts when both feet reach the opposite side.
- Partners may share repetitions.

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STATION 03

SYNCHRO AIR SQUATS x 100



100 REPS

Bodyweight - alldivisions

- Both athletes complete every repetition together.
- Hip crease must pass below the top of the knee.
- Stand with full hip and knee extension.
- Both athletes must synchronize at the bottom and top.
- A rep counts only when both meet standards.

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STATION 04

SANDBAG BEAR HUG CARRY x 200m





200 METRES

Male45kg | Female20kg | Mixed:division weight

- Carry sandbag in front in a bear hug position.
- No shoulder or back carries.
- Sandbag may be put down for rest.
- Partners may share the distance.
- Complete the full 200m.

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STATION 05

PLATE WALKING LUNGES x 80m



80 METRES

Male 20kg | Female 10kg | Mixed: both 20kg

- Back knee touches the ground on every lunge.
- Fully extend hips and knees between lunges.
- Alternate legs with each step.
- Do not throw or drop the plate forward.
- Partners may share the full 80m.

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STATION 06

BURPEE BROAD JUMPS x 50m



50 METRES

Bodyweight - alldivisions

- Begin every repetition with a burpee.
- Chest and thighs must touch the floor.
- Stand up and perform a forward broad jump.
- Both feet must leave the ground together.
- No stepping forward instead of jumping.
- Partners may share the full 50m.

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STATION 07

PLATE FARMERS CARRY 500m



500 METRES

Male 2x20kg | Female 2x10kg | Mixed: both 2 x 20kg

- Carry one plate in each hand, arms at sides.
- Do not rest plates on shoulders or chest.
- Both plates must be carried together.
- Plates may be put down to rest.
- Partners may share the full 500m.
- Plates may be transferred without dropping.

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GENERAL RACE RULES

01 Partners may divide repetitions and distances as they choose, except synchronized movements.

02 Mixed teams use respective male and female weights unless specifically stated otherwise.

03 Mixed teams both use male weights for plate lunges and plate farmers carry.

04 All movements must meet the listed standards.

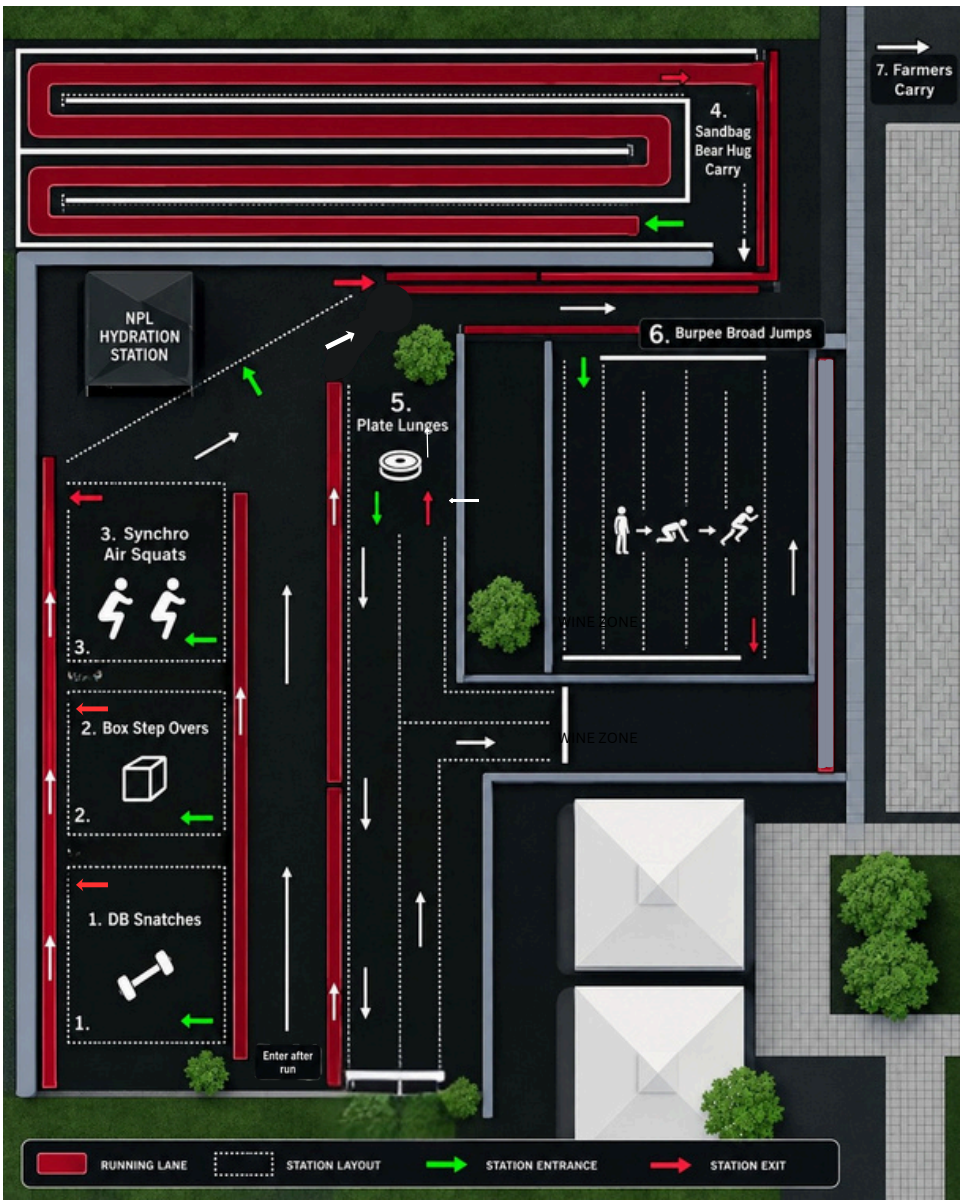
05 Incorrect or incomplete repetitions do not count.

06 Finish the full workload before advancing to the next station.

BRING YOUR PARTNER.
BRING THE ENERGY.

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RACE LAYOUT



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EVENT MAP

