

CAF FITNESS GAMES 2026

Workout 1 – STANDARD ISSUE

Athlete Information

Athlete name: _____

Judge Name: _____



Performance

Fitness

Foundations

7 Rounds for Time:

7 Rounds for Time:

5 Rounds for Time:

10 m Run

10 m Run

10 m Run

1 FORCE Burpee

1 FORCE Burpee

1 Step-Back Burpee

10 m Run

10 m Run

10 m Run

1 FORCE Burpee

1 FORCE Burpee

1 Step-Back Burpee

10 m Walking Lunges

10 m Walking Lunges

10 m Walking Lunges

1 Burpee Deadlift

1 Burpee Deadlift

1 Dumbbell Deadlift

10 m Walking Lunges

10 m Walking Lunges

10 m Walking Lunges

1 Burpee Deadlift

1 Burpee Deadlift

1 Dumbbell Deadlift

Time Cap: 14 minutes

Rep Tracking

Round	10m Run	Burpee	10m Run	Burpee	Lunge	Burpee	Lunge	Burpee
Round 1								
Round 2								
Round 3								
Tie Break Time (Foundations): _____								
Round 4								
Round 5								
Tie Break Time (Performance & Fitness): _____								
Round 6								
Round 7								

Total Time to Complete OR # of reps at 14 mins : _____

Tie Break: Time at completion of Round 5 (Round 3 for Foundations) ☑

TIE BREAK TIME: _____

Score submission deadline: 11 June 2026 at 23:59 ET. [Click Here](#) or scan the QR code to submit your score.

Workout 1 – STANDARD ISSUE – Judges Scoring Sheet – PERFORMANCE DIVISION

Record total reps for each round. 1 Round = 8 reps

Athlete	R1	R2	R3	R4	R5	R6	R7	Total Time

7 Rounds for Time:

- 10 m Run
- 1 FORCE Burpee
- 10 m Run
- 1 FORCE Burpee
- 10 m Walking Lunges (2 × 50/35 lb Dumbbells)
- 1 Burpee Deadlift (2 × 50/35 lb Dumbbells)
- 10 m Walking Lunges (2 × 50/35 lb Dumbbells)
- 1 Burpee Deadlift (2 × 50/35 lb Dumbbells)

Time Cap: 14 minutes

Tie Break: Time at completion of Round 5

TIE BREAK TIME: _____

Movement Standards

10 m Shuttle Run

- Athlete runs between two clearly marked lines 10 meters apart.
- One foot must break the plane of the line before initiating the burpee.

FORCE Burpee

- Athlete begins standing with their foot on the line.
- Chest and thighs must contact the ground while hands must release from the floor.
- Once hands have been released, the rep is complete and athlete can move on to the next movement.
- Burpee must be performed within the 10 m distance between the lines on the floor.

Walking Lunge

- Athlete holds two dumbbells at their sides.
- Rear knee must touch the ground on each rep.
- Athlete must fully extend hips and knees at the top before stepping forward.
- Both feet must cross the 10 m line to complete the rep.

Burpee Deadlift

- Athlete must first complete a burpee with chest and thighs touching the floor.
- Athlete stands and deadlifts both dumbbells from the ground.
- Hips and knees must be fully extended at the top of the deadlift.
- Burpee deadlift must be performed outside of the lines (10m distance).
- No part of the body can break the plain of the 10m line.

Scoring

- Score is the total time to complete all 7 rounds.
- If the time cap is reached, the score is the total number of repetitions completed.

Materials Required – PERFORMANCE DIVISION

- Measuring tape and tape for 10 m lines
- Two dumbbells (50/35 lb)
- Flat workout surface

Workout 1 - STANDARD ISSUE - Judges Scoring Sheet - FITNESS DIVISION

Record total reps for each round. 1 Round = 8 reps

Athlete	R1	R2	R3	R4	R5	R6	R7	Time

7 Rounds for Time:

- 10 m Run
- 1 FORCE Burpee
- 10 m Run
- 1 FORCE Burpee
- 10 m Walking Lunges (2 × 35/20 lb Dumbbells)
- 1 Burpee Deadlift (2 × 35/20 lb Dumbbells)
- 10 m Walking Lunges (2 × 35/20 lb Dumbbells)
- 1 Burpee Deadlift (2 × 35/20 lb Dumbbells)

Time Cap: 14 minutes

Tie Break: Time at completion of Round 5

TIE BREAK TIME: _____

Movement Standards

Same as Performance Division.

Scoring

- Score is **time to completion** or **total reps completed** at time cap.

Materials Required - FITNESS DIVISION

- Measuring tape and tape
- Two dumbbells (35/20 lb)
- Flat workout surface

Workout 1 – STANDARD ISSUE – Judges Scoring Sheet – FOUNDATIONS DIVISION

Athlete	R1	R2	R3	R4	R5	Time

5 Rounds for Time:

- 10 m Run
- 1 Step-Back Burpee (no hand release)
- 10 m Shuttle Run
- 1 Step-Back Burpee (no hand release)
- 10 m Walking Lunges (bodyweight or 2 × 20/10 lb Dumbbells)
- 1 Dumbbell Deadlift (2 × 20/10 lb Dumbbells)
- 10 m Walking Lunges (bodyweight or 2 × 20/10 lb Dumbbells)
- 1 Dumbbell Deadlift (2 × 20/10 lb Dumbbells)

Time Cap: 14 minutes

Tie Break: Time at completion of Round 3

TIE BREAK TIME: _____

Movement Standards

Burpee

- Step-back and step-up only.
- Chest touches floor.
- Line touch still required.
- No hand release is required

Dumbbell Deadlift

- Dumbbells start on the floor.
- Hips and knees fully extended at the top.

Scoring

- Score is **time to completion** or **total reps completed**.

Materials Required – FOUNDATIONS DIVISION

- Measuring tape and tape
- Dumbbells (20/10 lb optional)
- Flat workout surface