



# The Battle Cancer Challenge 2025

## The Battle Cancer Challenge: Overview

Complete 5 minutes of work at each station, with 4 minutes of rest in between. Your goal is to accumulate as many reps/meters as possible at each station.

1. Concept2 Bike
  2. Synchro Box Step Up
  3. Synchro Deadlift
  4. Concept2 Ski
  5. Synchro Burpee Over Hurdle
  6. Synchro Dumbbell Snatch
  7. Concept2 Row
  8. Synchro American Kettlebell Swing *Challenge Division* / Heavy Rope Single Skip *Compete Division*
  9. Synchro Sandbag Over Shoulder
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## The Battle Cancer Challenge: Station Descriptions & Standards

### STATION 1: CONCEPT 2 BIKE

2 bikes. 2 working, 2 resting

- Athletes start behind the Bikes.
- On the "Go" signal, two athletes climb onto separate bikes and begin accumulating metres.
- Athletes can switch as needed on both bikes until the 5-minute interval is complete.

\*There is no change for Compete division teams.

**Scoring:** Meters from both bikes added together. 'Tick over' is included.

#### Standards:

- Athletes must start standing behind the bike.
  - Athletes may change the settings of the bike (height, saddle position) before the workout begins.
  - The monitor must be turned on and set to zero before starting the workout.
  - Athletes may change at any point during the workout.
  - Only the athlete seated on the saddle may apply pressure to the pedals to build distance.
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## STATION 2: SYNCHRO BOX STEP UPS (24")

2 boxes. 2 working, 2 resting

- Athletes start at the edge of the Box Step Up station.
- On the "Go" signal two athletes make their way to the boxes.
- With two athletes working at a time, both athletes must simultaneously step up and down from the box, working through as many reps as possible in 5 minutes.
- Athletes can switch as needed until the 5-minute interval is complete.

\*Compete Division teams' synchro box step ups are weighted. 10kg/20kg sandbag.

**Scoring:** Each successful synchro step up is 1 rep.

### Standards: **Challenge Division**

- Athletes start standing in front of the box, 1 box per athlete.
- Synchronisation occurs when both athletes have reached full extension on top of the box, with hips and knees fully locked out before stepping down.
- Athletes must step up one foot at a time—jumping onto the box is not permitted. Both feet must touch the top of the box before stepping down.
- A no rep will be given if synchronisation is not met at the top or if full extension is not achieved before stepping down.

### Standards: **Compete Division**

- Athletes start standing in front of the box with a 10kg (women) or 20kg (men) sandbag on the floor, 1 box per athlete.
- Synchronisation occurs when both athletes reach full extension on top of the box, with hips and knees fully locked out before stepping down.
- Athletes must step up one foot at a time—jumping onto the box is not permitted. Both feet must touch the top of the box before stepping down.
- The sandbag must be held in a controlled manner throughout the movement, in the back rack position over the shoulders.
- A no rep will be given if synchronisation is not met at the top, full extension is not achieved before stepping down, or if the sandbag is not held correctly during the movement.

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## STATION 3: SYNCHRO DEADLIFTS

2 working, 2 resting. 35kg/60kg.

- Athletes start at the edge of the Synchro Deadlift station.
- On the "Go" signal athletes make their way to the barbells.
- Athletes work through as many synchro deadlifts as possible in 5 minutes, two



athletes working at a time.

- Athletes can switch as needed until the 5-minute interval is complete.

**\*Compete Division teams must deadlift a heavier barbell: 60kg/80kg.**

**Scoring:** Each successful synchro lift is 1 rep.

**Standards:**

- The barbell starts on the ground.
  - Collars must be placed outside the plates.
  - Athletes' hands must be outside the knees, Sumo deadlifts are not allowed.
  - The lift is completed in synchro and credited when both athletes' hips and knees reach full extension and their heads and shoulders are behind the bar.
  - Athletes must lower the bar to the floor and **not drop from above the knee.**
  - Athletes are not permitted to use gymnastic grips or wraps.
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**STATION 4: CONCEPT2 SKI ERG**

2 working, 2 resting.

- Athletes start behind the Ski Ergs.
- On the "Go" signal, two athletes go to separate ski ergs and begin accumulating metres.
- Athletes can switch as needed on both skis until the 5-minute interval is complete.

**\*There is no change for Compete division teams.**

**Scoring:** Meters from both Ski Ergs added together. 'Tick over' is included.

**Standards:**

- Athletes must start standing behind the Ski Erg.
  - The monitor must be turned on and set to zero before starting the workout.
  - Athletes may switch at any point during the workout.
  - Only the athlete actively using the Ski Erg may pull the handles to accumulate meters.
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**STATION 5: SYNCHRO BURPEES OVER HURDLE**

2 working, 2 resting. 12" hurdle.

- Athletes start at the edge of the Synchro Burpee station.
- On the "Go" signal, athletes move into the workout space
- Work through as many synchro burpees over the hurdle as possible in 5 minutes (12" hurdle).



- Challenge division teams may step or jump over the hurdle.

\*In the Compete division, the hurdle is 18" and **all four** athletes must perform burpees in sync and jump (not step) over the 18" hurdle.

**Scoring:** Each synchro burpee is 1 rep.

**Standards: Challenge division**

- Athletes start standing, facing the 12" hurdle.
- They may jump or step back into the burpee, but all chests must touch the floor simultaneously. The synchro is all chests on the floor.
- Athletes can step or jump forward to stand, then step or jump over the hurdle.
- After completing a rep, they may return by stepping over or around the hurdle.
- Reps must be performed facing the hurdle in the same direction.
- Contact with the hurdle results in a no rep.

**Standards: Compete Division**

- Athletes start standing, facing the 18" hurdle.
- They must jump back into the burpee, ensuring all four athletes touch the floor simultaneously.
- They must then jump forward to stand and perform a synchronised two-footed jump over the hurdle.
- After completing a rep, they may return by stepping over or around the hurdle.
- Reps must be performed facing the hurdle in the same direction. Contact with the hurdle results in a no rep.

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## STATION 6: SYNCHRO DUMBBELL SNATCH

2 working, 2 resting. 12.5kg/20kg.

- Athletes start at the edge of the Synchro Dumbbell Snatch station
- On the "Go" signal athletes make their way to the dumbbells
- Work through as many synchro dumbbell snatches as possible in 5 minutes, two athletes working.
- Athletes can switch as needed until the 5-minute interval is complete.

\*There is no change for Compete division teams.

**Scoring:** Each successful synchro lift is 1 rep.

**Standards:**

- The dumbbell snatch begins with both heads of the dumbbell on the ground. Athletes must lift it overhead in one motion, finishing with the dumbbell aligned over the middle of the body, and the arm, hips, and knees fully extended.
- Synchronisation is at the top of the rep, with all dumbbells overhead. Athletes must alternate arms each rep, and the non-lifting arm cannot touch the legs or body during



the movement.

- Reps may be performed touch-and-go, but bouncing the dumbbell is not allowed. At least one head of the dumbbell must touch the floor before starting the next rep.

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## STATION 7: CONCEPT2 ROW

2 rowers. 2 working, 2 resting.

- Athletes start at the edge of the Row station.
- On the "Go" signal athletes move to the rowers.
- Two athletes start building distance on the rowers.
- Athletes can switch as desired until the 5-minute time limit is reached.

\*There is no change for Compete division teams.

**Scoring:** Meters from both rowers added together. 'Tick over' is included.

### Standards:

- Athletes must start standing behind the rowing machine.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Only the athlete seated on the rower may pull the handle to build distance.

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## STATION 8: SYNCHRO AMERICAN KETTLEBELL SWING **Challenge Division only**

2 working, 2 resting. 12kg/20kg.

- Athletes start at the edge of the Kettlebell station.
- On the "Go" signal athletes make their way to the kettlebells.
- Work through as many synchro American kettlebell swings as possible in 5 minutes, two athletes working.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each successful synchro lift is 1 rep.

### Standards:

- Athletes start with the kettlebell on the ground. Each rep begins with both athletes lifting their kettlebell in sync, swinging between the legs and then overhead.
- The kettlebell must be swung overhead in one motion, finishing with arms fully extended by the ears, and the bottom of the kettlebell facing the ceiling.
- Synchronisation is at the top position when both athletes reach full extension overhead.
- A controlled descent is required, do not drop the kettlebell at any time.



- A no rep will be given if synchronisation is not met at the top, full extension is not achieved, or the kettlebell does not reach the correct overhead position.

### **STATION 8: HEAVY VELITES ROPE SINGLE SKIPS **Compete division only****

2 working, 2 resting. Velites Earth 2.0 Jump Rope with 2x 200g weights

- Athletes start at the edge of the Skipping station.
- On the "Go" signal athletes make their way to the Velites Ropes.
- Work through as many single skips as possible in 5 minutes, two athletes working.
- Athletes can switch as needed until the 5-minute interval is complete.

**Scoring:** Each successful skip is 1 rep. Score is all athletes' skips combined.

#### **Standards:**

- Athletes must start with the rope on the ground. Each rep begins with the athlete holding the rope handles.
  - The rope must pass under the feet once per jump, with the athlete's feet leaving the ground and both legs fully extended at the top of the jump.
  - The rope must fully pass under the feet for each rep.
  - A no rep will be given if the rope does not pass under the feet or if both feet do not leave the ground.
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### **STATION 9: SYNCHRO SANDBAG OVER SHOULDER**

2 working, 2 resting. 20kg/30kg.

- Athletes start at the edge of the Sandbag Over Shoulder station.
- On the "Go" signal athletes make their way to the sandbags.
- Work through as many synchro sandbag over shoulder as possible in 5 minutes, two athletes working.
- Athletes can switch as needed until the 5-minute interval is complete.

**\*Compete division teams must use a heavier sandbag: 30kg/50kg.**

**Scoring:** Each synchro sandbag over shoulder is 1 rep.

#### **Standards:**

- The sandbag over shoulder starts with the sandbag on the ground. Athletes must lift it over their shoulder in one motion or first to their knees before completing the lift.
- Synchronisation occurs when both athletes lift together, but the sandbags may land at different times. Athletes must wait for both sandbags to touch the ground before lifting again in sync.
- The sandbag must clearly pass over the top of the athlete's shoulder. A no rep will be given if the sandbag is thrown behind the athlete below shoulder height. Ducking



- under the sandbag is NOT permitted.
- Athletes are not required to alternate shoulders.
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## Questions?

If you have questions about the Challenge process, movements, standards or scalable options, please contact [info@battlecancer.com](mailto:info@battlecancer.com).