



TOGETHER WE CAN

The purpose of "Hounds for Heroes" is to provide specially trained assistance dogs to injured and disabled men and women of both the UK Armed Forces and Civilian Emergency Services.

Hounds for Heroes is a registered charity no: 1134359 (England & Wales) SC043751 (Scotland) **houndsforheroes.com**

There are 6 exercise components to each challenge



Run or walk

Use light weight clothing and trainers for the longer runs!

Full kit/Rookie Challenge 1 mile walk/run
Top Dog Challenge 3 mile run
Hero Challenge 7 mile run

maximum rest of 10 minutes



Press-ups

Start with arms and legs fully extended then chest should be lowered to approx 4" from floor (use a helper's clenched fist as a guide).

Full kit/Rookie Challenge number of press-ups completed in 30 seconds
Top Dog Challenge number of press-ups completed in 45 seconds
Hero Challenge number of press-ups completed in 1 minute

maximum rest: 5 minutes.



Squat thrusts

Start from full extension; bring knees up towards chest, then extend. Each time the feet must leave the ground and clear a 30cm parallel gap (can be marked with chalk, tape, a cardboard template held in position or similar markers)

Full kit/Rookie Challenge number of squat thrusts completed in 30 seconds
Top Dog Challenge number of squat thrusts completed in 45 seconds
Hero Challenge number of squat thrusts completed in 1 minute

maximum rest: 5 minutes.



Sit ups

Lie down with arms crossed and fingertips touching your shoulders. Curl up to touch elbows on top of knees

Full kit/Rookie Challenge number of sit ups completed in 45 seconds

Top Dog Challenge number of sit ups completed in 1 minute

Hero Challenge number of sit ups completed in 2 minutes

maximum rest: 5 minutes.



Star jumps (from squat position)

From standing position squat down to touch floor then jump up extending legs to shoulder width apart and fully extend arms

Full kit/Rookie Challenge number of star jumps completed in 45 seconds

Top Dog Challenge number of star jumps completed in 1 minute

Hero Challenge number of star jumps completed in 2 minutes

maximum rest: 5 minutes.



Standing Military Press with dumb bells

Start from dumb bells held at chin level, lock arms upwards and return to chin level.

Full kit/Rookie Challenge $\,$ number of repetitions in 1 minute using 2 x 4kg dumb

Top Dog Challenge number of repetitions in 1 minute using 2 x 8kg dumb

bells

Hero Challenge number of repetitions in 1 minute using 2 x 10kg dumb

bells

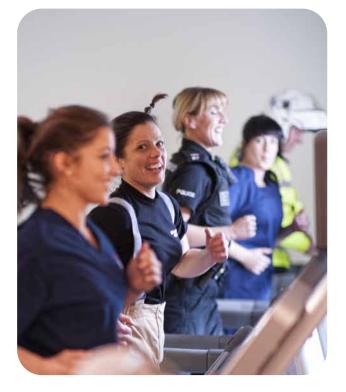
maximum rest: 5 minutes.

Teams



Teams are made up of 4 persons and can be all male or all female. Mixed teams must have at least one person of the opposite sex. Teams must specify which challenge they are completing and all team members must complete the same challenge.

Only complete repetitions count - when in full kit adjust clothing and equipment to safely perform the exercises - take water with exercise - perform the exercises properly - good luck!



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