



**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](http://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 bells
- 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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