

STATION STANDARDS

STATION 1: DUMBBELL AROUND THE WORLDS

- **Starting Position:**
 - Standing tall with core engaged, holding a dumbbell of the prescribed weight in each hand with palms facing forward, rested near the thighs/hips.
- **Execution:**
 - With arms extended (a subtle bend in the elbows is permissible), sweep the dumbbells outward to the sides in a wide arc, bringing them together directly above the head, then lower them along the same path back to the starting position.
- **Rep Completion:**
 - Dumbbells must touch or meet overhead, then return smoothly to the start position. This is one rep.
- **No-Reps:**
 - Using excessive momentum or swinging the torso forward/backward.
 - Bending elbows past 30 degrees (turning it into a press).
 - Failing to reach full overhead extension or failing to return to thigh contact.

START



END



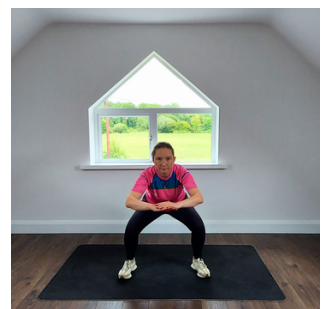
STATION 2: AIR SQUATS

- **Starting Position:**
 - Standing tall with feet roughly shoulder-width apart, hips and knees fully extended.
- **Execution:**
 - Lower hips down and back until the hip crease descends in line with the top of the knees.
- **Rep Completion:**
 - Return to a full standing position with knees and hips completely extended at the top.
- **No-Reps:**
 - Hip crease does not drop to parallel (knee joint).
 - Incomplete lockout at the top (resting with knees/hips slightly flexed).
 - Hands resting on thighs or knees to push up.

START



END

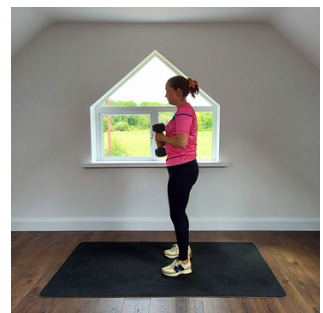


STATION STANDARDS

STATION 3: PALLOF PRESS WITH DUMBBELL

- **Starting Position:**
 - Standing tall with feet shoulder-width apart and knees soft, holding one dumbbell of the prescribed weight vertically with both hands close against the sternum.
- **Execution:**
 - Press the dumbbell directly forward in a straight line away from the chest until arms are fully extended, resisting any torso rotation, then pull it straight back to the sternum.
- **Rep Completion:**
 - Dumbbell returns to touching the centre of the chest after reaching full arm extension forward.
- **No-Reps:**
 - Arms do not reach full lockout out in front.
 - Torso twirling, rotating, or leaning away during the press.
 - Dumbbell does not make contact with the chest between reps.

START



END



STATION 4: KETTLEBELL SIDE LUNGE

- **Starting Position:**
 - Standing tall with feet together, holding a kettlebell of the prescribed weight with both hands with arms fully extended so the kettlebell is resting on your thighs.
- **Execution:**
 - Take a wide step to one side, bending the knee into a deep side lunge while keeping the opposite leg straight and foot flat on the floor. The kettlebell should lower along the inside of the bent knee.
- **Rep Completion:**
 - Push off the bent leg to return fully to the upright, feet-together starting position.
- **No-Reps:**
 - Step is not wide enough, causing the heel of the lunging foot to lift off the ground.
 - Bent leg fails to reach parallel (hip crease at/below knee level).
 - Non-lunging leg bends significantly.

START



END





LEVEL 1

STATION STANDARDS

STATION 5: CRANE + SHOULDER PRESS

- **Starting Position:**
 - Standing on one leg while holding a dumbbell of the prescribed weight in the opposite hand (dumbbell is in the hand of the leg with the knee raised) and extending the opposite arm in line with the shoulder and palm to the ground.
- **Execution:**
 - While balancing on one leg, with the knee lifted to hip height, perform a shoulder press (palm stays facing forward).
- **Rep Completion:**
 - Arm fully locked out overhead with hips and torso upright while balancing on the single leg, followed by a controlled return.
- **No-Reps:**
 - Non-standing foot touching the ground.
 - Incomplete rotation or lockout on the Arnold Press.

START



END



STATION 6: STANDING PLATE MARCH

- **Starting Position:**
 - Standing tall holding a weight plate in line with collar bones and parallel to the ground.
- **Execution:**
 - Lift one knee up until the hip angle reaches at least 90 degrees (thigh parallel to the floor), lower it, then immediately lift the opposite knee.
- **Rep Completion:**
 - Each knee raised to or above hip height equals 1 rep.
- **No-Reps:**
 - Knee does not reach 90-degree parallel height.
 - Excessive backward leaning or slouching of the upper body.
 - Dropping the plate below the required hold position.

START



END



STATION STANDARDS

STATION 7: BURPEES OFF MEDICINE BALL

- **Starting Position:**
 - Standing tall behind a large medicine ball resting on the floor.
- **Execution:**
 - Place both hands securely on top of the medicine ball, jump or step feet back into a plank, jump or step feet back in, come to the upright position then raise both hands overhead.
 - Please note the medicine ball is an unstable surface (by design) so you need to engage your core and stabilise yourself before you step back into the plank position.
- **Rep Completion:**
 - Moving from a high-plank position back to an upright position with a reach of the hands overhead.
- **No-Reps:**
 - Hands fail to reach overhead, or hips stay flexed/bent during the vertical movement.

START



END



STATION 8: DUMBBELL Y-RAISE TO T-RAISE

- **Starting Position:**
 - Standing tall holding a dumbbell of the prescribed weight in each hand down by your sides.
- **Execution:**
 - Raise dumbbells diagonally upward to shoulder heights at a 45-degree angle to form a "Y" with the body, return to start position under control, then raise dumbbells directly out to the sides to form a "T" with the body. Return to start position. Repeat this sequence.
- **Rep Completion:**
 - Performing both the Y-Raise and the T-Raise back-to-back counts as 1 full rep.
- **No-Reps:**
 - Using hip momentum or swinging to raise the weights.
 - Arms bending past 15–20 degrees during the raises.
 - Arms raised noticeably below shoulder/eye height in either the Y or T positions.

START



END





STATION STANDARDS

STATION 9: SHOULDER SHRUGS

- **Starting Position:**
 - Standing upright holding dumbbells of the prescribed weight with extended arms at the outside of the thighs.
- **Execution:**
 - Elevate the shoulders straight up toward the ears as high as possible, hold briefly at the peak, then lower under control.
- **Rep Completion:**
 - Shoulders reach maximum height and return completely to the relaxed hanging position.
- **No-Reps:**
 - Bending the elbows or pulling with the biceps to lift the weight.
 - Rolling the shoulders forward or backward in a circle (must be a straight upward/downward movement).
 - Using leg drive (dipping the knees) to bounce the weight up.

START



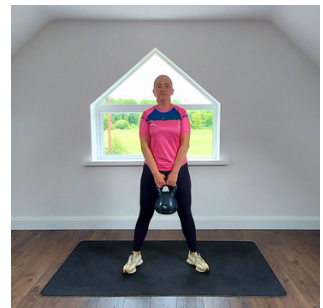
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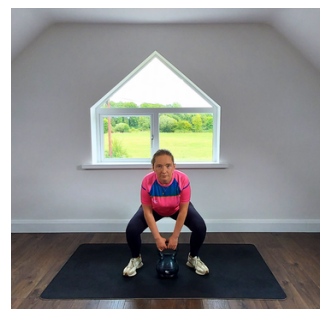
STATION 10: GOBLET SQUAT

- **Starting Position:**
 - Standing tall holding a kettlebell of the prescribed weight with both hands in front of the body with arms extended so that the kettlebell is initially resting in front of the hips.
- **Execution:**
 - Squat down until the hip crease drops in parallel with the knee.
- **Rep Completion:**
 - Return to a full standing position with knees and hips completely locked out.
- **No-Reps:**
 - Hip crease fails to meet parallel with the top of the knee.
 - Knees or hips remain partially bent at the top of the rep.

START



END





STATION STANDARDS

NOTE FOR ALL STATIONS:

- You can take breaks whenever you need them. This is important to ensure you can perform the stations with good form.
- You can rest the weights/plate/kettlebell on the ground during rest periods.
- Simply assume the relevant start position when you are ready to begin the rep count.



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