

CrossFit Kids Lifeguard Test

Based on a lifeguard drill observed at Moonlight Beach in California, this game encourages recognition, reaction and speed in martial-arts students or CrossFit athletes.

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Equipment

- As many lacrosse balls or bar clamps as you have athletes
- Bucket

Set-up

1. Designate a space, at least 10 meters in length and wide enough to accommodate an 18-inch lane for each athlete.
2. Line up the lacrosse balls (or bar clamps) in a row at least 18 inches apart.

Object

Retrieve a lacrosse ball or bar clamp, perform the required exercise, and return the ball to the trainer.

Game Play

1. Athletes lie with their hands by their sides, arms straight, at least 10 meters away from the balls.
2. On "Go!" each athlete sprints to retrieve a ball or clamp, performs the predetermined exercise (e.g., squats, two spinning burpees, or three jumping jacks) and then returns it to the trainer (a bucket is helpful for collection).
3. The last athlete back is removed from the game and becomes a helper, and one lacrosse ball or bar clamp is removed from play. The last athlete standing wins.

Options

For additional difficulty, a bear crawl or broad jumps can be substituted for burpees or jumping jacks.

For increased difficulty, as well as for smaller groups, you can hide the lacrosse balls or clamps in mildly challenging locations rather than placing them in plain view.

