



# THE 2026 BARBARIAN GAMES

## *Rules & Regulations*

Update History:

4/9/2026

3/25/2026

3/18/2026

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## OVERVIEW

### THE GAMES DEFINED

The **Men's Alliance Barbarian Games** is a two-man team fitness competition that combines rigorous physical exercises with the challenge of memorizing and reciting Bible verses. Designed to test strength, endurance, mental focus, and spiritual growth, the event fosters camaraderie and brotherhood among participants. The Barbarian Games exemplify resilience, faith, and discipline, uniting men in their pursuit of physical fitness and Biblical wisdom.

### REMOTE/VIRTUAL FORMAT

As Men's Alliance grows exponentially in tribe count and around the globe, this year of 2026 marks the first time that Barbarian Games will be conducted in remote/virtual format to accommodate the geography:

- Each region's Games must be completed as a **single event on one day**, as determined by the Regional Leader.
- Each region's Games must be completed **within the window of time** specified.
- Video submissions of **Heat 3 only** are required to be sent to the MA Fitness Team for review and decision of the divisional winners and global champion.

### THE MEN'S ALLIANCE FITNESS TEAM

Ranger, MA Fitness Director  
Forge, MA Fitness Deputy Director  
Renaissance, MA Fitness Deputy Director

## PARTICIPATION

### TRIBESMAN ELIGIBILITY

Tribesmen must compete in **teams of two** (partners), as follows:

- Biological males
- 13 years of age or older
- Tribesmen with callsigns

Teams are broken down into **two age divisions**:

DIVISION	CRITERIA
Warrior	Combined team age is <i>under 100 years</i> total
Seasoned Warrior	Combined team age is <i>100 years and years</i> total

## REGIONAL BREAKDOWN

By definition, a region consists of all the tribes assigned to the regional leader, and a single Games event must be conducted for all the tribes in that region. Even so, there can be flexibility depending on the size of each region and the proximity of the tribes therein:

- The region can be further divided into sub-regions (e.g. northern and southern California, western and eastern Texas), and each of those sub-regions can complete their own Games on the day agreed for each sub-region.
- In extreme cases, if a tribe is not within reasonable traveling distance from any other tribes, that tribe can function as a region and complete its own Games on one day.

## EXECUTION

### TIMELINE

The Games and associated tasks will be completed and reviewed according to the timeline below:

DATE	TASK
Saturday, August 1, 11:59 PM	Notify the MA Fitness Team of anticipated Game dates, regional breakdown, roles and responsibilities, and teams and participants.
Saturday, August 8, 11:59 PM	Send photo(s) to the MA Fitness Team of all equipment being used for the Games.
Saturday, August 15, 12:00 AM	Window <i>opens</i> for all regional Games to be conducted
Tuesday, September 15, 11:59 PM	Window <i>closes</i> for all regional Games to be conducted
Thursday, October 1, 2026, 11:59 PM	Deadline for Heat 3 submission of finalist videos and results
Saturday, October 31, 2026, 11:59 PM	Winners announced

### EQUIPMENT NEEDED

The following equipment is needed for eligible completion of the Games. Once all equipment is gathered, photo(s) of the equipment must be sent to the MA Fitness Team by Saturday, August 1, for inspection to ensure global consistency and fairness across all regions:

- 1 stopwatch/timer and alarm/buzzer per Grader.
- 1 clipboard and pen/pencil per Grader.
- 1 standard cinder block per team of partners.
- 1 standard-size car tire (185mm to 215mm) per team of partners.

- 1 sledgehammer (minimum 15 lbs.) per team of partners.
- Phone or camera to capture video recordings of Heat 3.
- 12x gallon-jugs of water.
- Cones or ground markers to designate positions and distances (50 yards for most exercises).

*NOTE: It is preferable that each team has their own set of equipment. However, if not enough equipment can be obtained, then the teams can take turns in “waves” and share the equipment. All teams must still complete the Games on the same planned single-event day.*

## GRADER SPECIFICS

### TIME CAPS

A Time Cap must be upheld for each event. If teams do not complete each Heat within its designated Time Cap, they will be disqualified. These Time Caps are specified in the Barbarian Games guidelines provided to all participants.

*As for all MA Events, Rule #7: We “start on time and End on time.”*

### MEMORY VERSES

**Each** team member must recite multiple memory verses throughout the entire Heats:

- The memory verses are pulled from Men’s Alliance Monthly Memory verses.
- They are posted at the end of the Barbarian Games guidelines provided to all participants and can also be found on the Men’s Alliance website.
- Graders will call out the order in which the verses must be recited, and partners must recite in that order.
- Partners must alternate reciting the verses, i.e. a partner cannot recite memory verses back-to-back.
- Each partner must know ahead of time which memory verse he is going to recite ahead of time.
- Partners may not help each other when trying to state the memory verse assigned to the portion of the exercise.

### PENALTIES

There is a 10 Burpee Penalty *per* Barbarian Participant for *not* reciting the memory verse correctly and as assigned. The Grader will count off the penalty burpees out loud and ensure proper form: chest hitting the ground and a jump up at the top with a hand clap *overhead* for *each* rep.

Partners must perform all burpee penalties *together*, at the *same* time, regardless of who failed the memory verse recitation. Once the penalty is completed, the team can move on to the next exercise in lieu of reciting that memory verse.

*As in our Creed: we “do not struggle alone.”*

## COMPETITION

### HEATS

The Barbarian Games consists of 3 heats, each unique with various exercises and memory verses, consisting of multiple waves.

*(See the end of this packet for Appendix A: Memory Verses and Appendix B: Demo Videos.)*

THEME	CORE IDEA	TEAMS ELIGIBILITY	MEMORY VERSES
<b>1. “The Call”</b>  <i>Awakening &amp; Identity</i>	Every man is called out of comfort and into purpose.	Open to as many 2-man teams as possible.	Romans 3:23 Romans 6:23 Romans 5:8
<b>2. “The Trial”</b>  <i>Refinement Through Pressure</i>	Faith and brotherhood are proven under load, fatigue, and adversity.	Top 20 teams by time from <i>Warrior</i> bracket <b>and</b> Top 10 teams by time from <i>Seasoned Warrior</i> bracket.	Romans 10:9 Romans 10:13 John 3:16 Colossians 1:15 Ephesians 2:8-9
<b>3. “The Commission”</b>  <i>Mission &amp; Brotherhood</i>	Strength is meaningless unless it’s carried forward for others.	Top 6 teams by time from <i>Warrior</i> bracket <b>and</b> Top 6 teams by time from <i>Seasoned Warrior</i> bracket.	John 14:6 Acts 4:12 John 16:33 Hebrews 12:1-2 Romans 12:2 2 Corinthians 5:20 Philippians 1:29-30

*NOTE: If there are only 6 teams or fewer competing altogether for a region or sub-region, then all teams can progress to Heat 3. All teams are still required to complete all 3 Heats and record the results to qualify, including video and submission of Heat 3.*

### WINNER DETERMINATION

As of the last updated version of this document, Men’s Alliance currently has 7 divisions, 47 regions, and 386 tribes. Once all Regional Leaders submit the Heat 3 videos and results of

their region (or sub-region as identified by the Regional Leader ahead of time), the MA Fitness Team will determine the winners and champion as follows:

1. Review the results and select the winners of each region.
2. Select the winning team of each division for a total of 7. Each of those teams will receive the axe trophy.
3. Select the global champion of the entire Barbarian Games. The champion will receive the championship belt currently held by the previous year's champion.
4. Announce the divisional winners and global champion on October 31, 2026 by midnight.

## HEAT 1: THE CALL

### OVERVIEW

**Memory Verses:** Romans 3:23, Romans, 6:23, Romans 5:8 (All NIV)

**Format:** Rep Stack Event

DIVISION	CRITERIA	TIME CAP
Warrior	Combined team age is <i>under 100 years</i> total	9 minutes
Seasoned Warrior	Combined team age is <i>100 years and over</i> total	12 minutes

*Note: Everyone is encouraged to sign up regardless of physical ability, however time limits are established to complete the exercises within a reasonable period of time. All participants will be stopped at the maximum allotted time to continue to the next team.*

### GUIDELINES

#### Cinder Block Hold/Rep Stack:

- One partner holds a cinder block overhead while the other partner completes the exercise until he is ready to switch.  
*Example: for a total of 50 reps, if one partner does 15 burpees and they switch, the other partner starts his reps at 16. This is done until the total team rep count of 50 is met.*
- Partner reps only count towards the total exercise rep count while one partner holds a cinder block completely overhead. If the block goes below his head, the rep does *not* count.

**Note:** the block **CANNOT** sit on the head.

- Partners can switch roles at any time, but the block cannot be put down on the ground for the duration of the exercise. If it is, the penalty is 10 burpees per person, performed as a team.
- Memory verses recitation will be requested at 3 points during the Heat, the beginning, middle and end, i.e. before exercise 1, between exercises 2 and 3, and after exercise 4.

### START: MEMORY VERSE #1

#### One partner picks up and holds the cinder block:

1. Grader says “Ready, Set, Go!” and the timer starts.
2. Grader requests the **first** of the three Heat 1 memory verses to be recited before the exercises are started.
3. One partner recites the memory verse.

**Reminder:** The block does **not** have to be held overhead during the memory verse recitation, but the cinder block **must** still be off the ground and held by one partner—it **cannot** sit on the ground.

### EXERCISE #1: 50 x SIT-UPS

Click the link below for an example of **Exercise 1:**

[https://youtube.com/shorts/HnY41m\\_0XqU](https://youtube.com/shorts/HnY41m_0XqU)

#### While one partner holds the cinder block completely overhead, the other partner begins the Sit-Ups:

1. Heels stay on the ground *throughout* the sit-ups.
2. Start by touching the ground above head, then sit up and touch toes while heels *stay* on the ground.
3. Hands must hit the ground above head *every* time when lying back on the ground.
4. Exercise is complete once the partners complete a *team total* of 50 clean sit-ups.

### EXERCISE #2: 50 x HRPUs

Click the link below for example of **Exercise 2:**

<https://youtube.com/shorts/eRxhnr8GC4>

#### While one partner holds the cinder block completely overhead, the other partner begins the Hand Release Push Ups:

1. Start push-up with arms *fully* extended, knees off the ground.

2. Lower body until chest sits on the ground, then lift hands *off* the ground.
3. Push back up to the starting position.  
**Important:** Arms **must LOCK OUT** at the top of each rep. Rep will **not** count if the elbows do not lock out.
5. Exercise is complete once the partners complete a *team total* of 50 clean HRPUs.

### MIDWAY: MEMORY VERSE #2

#### Timer continues during this time to the end of Heat 1:

1. Grader requests the **second** of the three Heat 1 memory verses to be recited before the exercises continue.
2. One partner recites the memory verse.

**Reminder:** The block does **not** have to be held overhead during the memory verse recitation, but the cinder block **must** still be off the ground and held by one partner—it **cannot** sit on the ground.

### EXERCISE #3: 50 x ALT LUNGES

Click the link below for example of **Exercise 3:**

<https://youtube.com/shorts/QzCCK-lQzMY>

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#### While one partner holds the cinder block completely overhead, the other partner begins the Alternating Lunges:

1. Choice of reverse, forward, or jumping lunges in a 1:1 rep count wherein every knee touch counts as 1 rep; i.e. 25 reps per leg for team total of 50.
2. Knee must hit the ground with every rep.
3. Partners must *alternate* knees when hitting the ground; i.e. the same knee **CANNOT** perform more than 1 consecutive rep—each rep must alternate knees.
4. Exercise is complete once the partners complete a *team total* of 50 clean alternating lunges.

### EXERCISE #4: 50 x BURPEES

Click the link below for example of **Exercise 4:**

[https://youtube.com/shorts/OgH9qdebo\\_w](https://youtube.com/shorts/OgH9qdebo_w)

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#### While one partner holds the cinder block completely overhead, the other partner begins the Burpees:

- For the downward motion of the burpees, the chest must hit the ground.

- For the upward motion of the burpee, partner must jump up at the top and clap hands **OVERHEAD**.
- Exercise is complete once the partners complete a *team total* of 50 clean burpees.

### FINISH: MEMORY VERSE #3

**Timer continues during this time to the end of Heat 1:**

1. Grader requests the **third** of the three Heat 1 memory verses to be recited after the exercises are completed.
2. One partner recites the memory verse.
 

***Reminder:** The block does **not** have to be held overhead during the memory verse recitation, but the cinder block **must** still be off the ground and held by one partner—it **cannot** sit on the ground.*
3. Once the third memory verse is recited, the timer stops and the time is recorded.

## HEAT 2: THE TRIAL

### OVERVIEW

**Memory Verses:** Romans 10:9, Romans 10:13, John 3:16, Col. 1:15, Eph. 2 8:9 (All NIV)

**Format:** Relay Circuit

DIVISION	CRITERIA	TIME CAP
Warrior	Combined team age is <i>under 100 years</i> total	15 minutes
Seasoned Warrior	Combined team age is <i>100 years and over</i> total	17 minutes

*Note: Everyone is encouraged to sign up regardless of physical ability, however time limits are established to complete the exercises within a reasonable period of time. All participants will be stopped at the maximum allotted time to continue to the next team.*

### SETUP

**Relay Circuit:**

- This Heat has multiple exercises while moving **30 yards** down and back in a circuit-style format.
- This competition emphasizes speed, endurance, strength and teamwork.
- Cones or ground markers must be positioned to mark a 30-yard distance.

## START: 1 x BARBARIAN PUSH-UP

Click the link below for example of the **Barbarian Push Up**:

<https://youtube.com/shorts/Ark5YkmHqIk>

### Both Partners line up at the starting line for Heat 2:

1. Grader says “Ready, Set, Go!” and the timer starts.
2. Grader requests the **first** of the three Heat 3 memory verses to be recited before the exercises are started.
3. One partner recites the memory verse.

### Before beginning Exercise 1:

- Both partners must complete **1 Barbarian Push-Up each** (see demo video).
- Once both reps are complete, the sprint portion may begin.

## EXERCISE #1: SPRINTS with CINDER BLOCK DROP-OFF

### Step 1: Cinder Block Drop-Off (Partner 1)

1. Begin at the starting line holding the cinder block.
  2. Sprint to the **30-yard Line**.
  3. Set the cinder block fully on the ground.
  4. Immediately sprint back to the starting line.
  5. Tag Partner 2’s hand to release him.
- ⊘ *Partner 2 may NOT leave the starting line until tagged.*

### Step 2: Cinder Block Return (Partner 2)

1. Once tagged, sprint to the 30-yard Line.
2. Pick up the same cinder block.
3. Carry it back to the starting line.
4. Must fully cross the starting line with the block.

### Movement Sequence

- Block must be carried — no rolling or dragging.
- Block must be clearly set down at the 30-yard line.
- Tag must be clear hand-to-hand contact.
- Full sprint effort expected both directions.

### ❏ **Finish & Memory Verse** 📖

Once **both** partners cross completely over the starting line,

ONLY ONE partner recites the **first** assigned Memory Verse.

---

### Why This One Works

This event tests:

- Acceleration
- Transition discipline
- Controlled fatigue after the Barbarian Push-Up
- Clear communication under pressure

## EXERCISE #2: PARTNER CARRY

Click the link below for example of **Exercise 2**:

<https://youtube.com/shorts/LY0EfZDXGgo>

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### Start Position

- Both partners begin behind the starting line.
- Decide who will carry first.
- You may carry your partner **any way you choose**.
  - Fireman carry
  - Front carry
  - Shoulder carry
  - Piggyback
  - Cradle carry

There are **no restrictions** on carry style.

---

### Drop Rule

- You may drop your partner if needed, HOWEVER:
  - You must **stop exactly where the drop occurs**.
  - You must resume from that exact spot.
  - ⊘ No extra steps.
  - ⊘ No advancing the position before re-lifting.

Judges will monitor forward progress.

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### Halfway Mark (30-yard Line)

- At the 30-yard Line, competitors **MUST** switch roles.
  - The partner being carried becomes the carrier.
  - The new carrier must carry his partner back to the starting line.
- 

🏁 **Finish & Memory Verse** 📖

Once **both** partners cross completely over the starting line,  
ONLY ONE partner recites the **second** assigned Memory Verse.

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### Why This One Works

This event tests:

- Raw strength
- Grip endurance
- Body control
- Pain tolerance
- Trust between partners

*No tricks. No equipment. Just weight and will.*

### EXERCISE #3: SIDE-BY-SIDE CINDER BLOCK CRAWL

Click the link below for example of **Exercise 3**:

<https://youtu.be/l5le8mvN5ig>

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### Start Position

- Both partners begin **lying face down** behind the starting line.
  - The cinder block is placed **between them**.
  - Each partner must have at least one hand firmly gripping the block before movement begins. (Grip anyway possible)
- 

### Movement Sequence

- Partners will drag the cinder block together.
  - Both partners must maintain contact with the block **THE ENTIRE TIME**.
  - Movement is performed using:
    - **Elbows**
    - **Knees**
  - ⊘ Hands may NOT be used to crawl.
  - ⊘ Hands may ONLY be used to grip the cinder block.
- 

### Position Requirements

- Knees must remain in contact with the ground.
- Elbows must remain in contact with the ground while advancing.
- No standing.
- No bear crawling.
- No lifting and walking.

If either partner does any of the below, the team must correct the movement **before** continuing:

- Releases the block
- Uses hands to crawl
- Raises hips excessively to gain advantage

---

### Course Format

- This is a **Down and Back** event.
- Both partners must:
  - Cross the designated turnaround line.
  - Return fully across the starting line to finish.

---

### 🏁 **Finish & Memory Verse** 📖

Once **both** partners cross completely over the starting line, **ONLY ONE** partner recites the **third** assigned Memory Verse.

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### Why This One Works

This event tests:

- Shoulder endurance
- Core stability
- Hip drive
- Communication under grind
- Shared suffering

*You can't hide in this one. It's slow. It burns. It exposes weak links.*

## EXERCISE #4: HIGH PLANK HOLD & JUMP OVER/CRAWL UNDER

Click the link below for example of **Exercise 4**:

<https://youtu.be/5lemzJ-sBbY>

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### Start Position

- Both partners begin facing the **same** direction.
- Partner 1 starts in a **high plank** position:
  - Hands under shoulders
  - Arms fully extended
  - Body in a straight line
  - Toes on the ground
- Partner 2 stands beside Partner 1.

## Movement Sequence

Partner 1 — High Plank Hold Standard

- Must maintain a strong high plank position.
- Arms fully extended.
- Body straight from head to heels.
- Hips may not sag excessively.

*Partner 1 **holds plank** while Partner 2 passes.*

---

Partner 2 — Jump Over Standard

- Partner 2 may only jump over while Partner 1 is in a proper high plank position.
- You may NOT jump if:
  - Partner 1 drops to knees.
  - Partner 1 collapses to the ground.
  - Partner 1 is out of plank position.

**⊘ If a jump occurs while Partner 1 is not in proper plank:**

- The rep does NOT count.
  - The jump must be redone from that same spot.
- 

## Down & Back Format

- After jumping, partners rotate roles naturally as they advance.
- The new front partner drops into a high plank.
- The trailing partner performs the jump.
- Maximum TWO landing steps allowed after each jump before dropping into plank.

**⊘ If more than two landing steps are taken before dropping into plank:**

- The rep does NOT count.
- The jump must be redone from that same spot.

*Continue this sequence down the course.*

---

## Crawl Under Standard

- Must stay low.
- No standing while passing under.
- Must fully clear before the next plank is set.

*After halfway, continue movement back to the starting line.*

---

## 🏁 Finish & Memory Verse

Once **both** partners cross completely over the starting line,  
**ONLY ONE** partner recites the **fourth** assigned Memory Verse.

---

## Why This One Works

This event tests:

- Shoulder endurance
- Core stability
- Timing
- Athletic coordination
- Trust

### EXERCISE #5: SPRINTS with CINDER BLOCK – 5 LAPS DOWN & BACK

Click the link below for example of **Exercise 5**:

<https://youtu.be/td1P93vhoYw>

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#### Start Position

- Both partners begin behind the starting line.
- The cinder block is placed between them.
- Hold the cinder block before starting.
- Each partner must firmly grip one end of the cinder block before movement begins.

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#### Movement Sequence

- Partners will sprint together while holding the cinder block.
- They must travel to the **30-Yard Line**.
- The block must fully cross the line.
- They then sprint back to the starting line.  
*This is considered **one direction completed**.*

---

#### Lap Requirement

- Down and back = 1 full length.
- Teams must complete **5 COMPLETE LAPS (Down & Back)**.  
*Both partners must remain in control of the block **at all times**.*

---

#### 🚫 Drop Rule (Critical)

- You may NOT drop the cinder block.
- You may NOT set it down.
- You may NOT lose grip control.  
*If the cinder block touches the ground at any point during the event, the team is **DISQUALIFIED**.*

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🏁 **Finish & Memory Verse** 📖

Once **both** partners cross completely over the starting line,

ONLY ONE partner recites the **fifth** assigned Memory Verse.

---

### Why This One Works

This event tests:

- Grip endurance
- Sprint synchronization
- Shoulder fatigue under speed
- Communication under strain

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### Timer continues during this time to the end of Heat 2:

Once the last memory verse is complete, the timer stops and the time is recorded.

## HEAT 3: THE COMMISSION

### OVERVIEW

**Memory Verses:** John 14:6, Acts 4:12, John 16:33, Hebrews 12:1-2, Romans 12:2 (NIV), 2 Corinthians 5:20, Philippians 1:29-30 (All NIV)

**Format:** Relay Circuit “You-Go-I-Go”

DIVISION	CRITERIA	TIME CAP
Warrior	Combined team age is <i>under 100 years</i> total	15 minutes
Seasoned Warrior	Combined team age is <i>100 years and over</i> total	17 minutes

*Note: Everyone is encouraged to sign up regardless of physical ability, however time limits are established to complete the exercises within a reasonable period of time. All participants will be stopped at the maximum allotted time to continue to the next team.*

### SETUP

#### Relay Circuit “You-Go-I-Go”

- This Heat has multiple exercises while moving 50 yards down and back in a circuit style format.
- This competition emphasizes speed, endurance, strength and teamwork.
- Cones or ground markers must be positioned to mark a 50-yard distance.

**\*\*Before the start of Heat 3, partners will dump 1 gallon of water on each other to ensure no one is dry and comfortable before Heat 3 begins\*\***

## START: MEMORY VERSE #1

### Both Partners line up at the starting line for Heat 3:

1. Grader says “Ready, Set, Go!” and the timer starts.
2. Grader requests the **first** of the three Heat 3 memory verses to be recited before the exercises are started.
3. One partner recites the **first** assigned memory verse.

## EXERCISE #1: MUMMY SIT-UP with TIRE CARRY SPRINT

Click the link below for example of **Exercise 1**:

<https://youtu.be/ORYeyEMFmNY>

---

### Partner 1 — Mummy Sit-Ups

Total: 25 Reps Per Partner

#### Starting Position:

- Lie flat on your back
- Arms fully extended overhead
- Legs straight
- Heels must stay flat on the ground
- Legs must remain straight at all times

#### To Complete 1 Rep:

1. Touch the ground **above your head** with both hands.
2. Sit up and touch your **ankles**.
3. Legs must stay straight.
4. Heels must remain on the ground the entire time.
5. No bending knees. No lifting heels.

**25 clean reps required**

---

### Partner 2 — Tire Carry Sprint

Total: 2 Complete Laps

#### Movement Standard:

- Carry the tire **any way you choose**.
- Sprint past the **50-Yard Line**.
- Return back to the starting line.

**Lap Count:** Down and back once = **1 complete lap**

**2 complete laps required**

## Switch Roles

Once:

- Partner 1 completes **25 Mummy Sit-Ups**, AND
- Partner 2 completes **2 Complete Tire Laps**

Partners switch exercises.

*Each partner must complete the **same number of reps/laps**.*

---

### ❏ **Finish & Memory Verse**

Once **both** partners complete their reps/laps,  
**ONLY ONE** partner recites the **second** assigned Memory Verse.

## EXERCISE #2: LOW PLANK HOLD with ELEVATED HRPUs

Click the link below for example of **Exercise 2**:

<https://youtu.be/7vDqz11DbQU>

---

### Partner 1 — Low Plank Hold

#### Starting Position:

- Forearms on the ground
- Elbows under shoulders
- Body in a straight line (head to heels)
- Toes on the ground

#### Movement Standard:

- Maintain a low plank hold while Partner 2 performs push-ups.
  - Hips should remain elevated with body aligned.  
*Resting is allowed, **however** any reps performed while Partner 1 is resting on knees or chest will **NOT** count.*
- 

### Partner 2 — Elevated Hand-Release Push-Ups

**Total: 30 Reps Per Partner**

#### Set-Up:

- Place both feet on the mid-back of Partner 1 while Partner 1 is holding the plank.
- Maintain balance and control.

#### To Complete 1 Rep:

1. Lower chest to the ground.
2. Lift both hands completely off the ground (hand release).
3. Place hands back down.
4. Press up to full arm extension.

Resting is allowed, **however** any reps performed while Partner 1 is resting on knees or chest will **NOT** count.

---

### Switch Rule

#### After 30 clean reps are completed:

- Partners switch roles.
  - Each partner must complete 30 clean reps under the same standards.
- 

### ❏ Finish & Memory Verse

Once **both** partners complete their reps,  
**ONLY ONE** partner recites the **third** assigned Memory Verse.

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## EXERCISE #3: BEAR CRAWL TANGO with TIRE DRAG

Click the link below for example of **Exercise 3**:

[https://youtu.be/doRzddyPa\\_k](https://youtu.be/doRzddyPa_k)

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### Partner 1 — Reverse Bear Crawl Tire Drag

#### Starting Position:

- Face upward (reverse bear crawl position)
- Hands and feet on the ground
- Tire attached and dragged behind

#### Movement Standard:

- Move using a reverse bear crawl while dragging the tire.
- Hips must stay elevated.
- No standing or walking.

*Resting on knees is allowed; **however**, Partner 2 may NOT pass Partner 1 or the tire during any rest period.*

---

### Partner 2 — Forward Bear Crawl

#### Movement Standard:

- Perform a forward bear crawl.
- Must remain behind the tire at all times.
- May NOT pass Partner 1 while the tire is being dragged.
- Must stay in the bear crawl position (hands and feet only).

*Resting on knees is allowed; **however**, Partner 2 may NOT pass Partner 1 or the tire during any rest period.*

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### 50-Yard Line Requirement

- **Both** partners must fully cross the 50-yard Line **before** switching roles.
- Once both partners cross:
  - Partner 2 becomes the reverse bear crawl tire dragger.
  - Partner 1 bear crawls behind the tire.

*Continue the same movement standards.*

---

❏ **Finish & Memory Verse** 📖

Once **both** partners cross completely over the starting line with the tire,  
**ONLY ONE** partner recites the **fourth** assigned Memory Verse.

---

**EXERCISE #4: TIRE “FRISBEE” SLING SHOT**

Click the link below for example of **Exercise 4**:

<https://youtu.be/YebzbN-RhAg>

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**Objective**

Advance the tire downfield and back using alternating throws.

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**Throwing Standard (Both Partners)**

- Throw the tire with both hands like a frisbee.
- Both feet must remain planted.
  - 🚫 NO jumping.
  - 🚫 No stepping into the throw.

---

**Movement Sequence**

1. Partner 1 throws first.
2. Once the tire hits the ground, Partner 2 runs to retrieve it.
3. Partner 2 performs the next throw.
4. While Partner 2 throws, Partner 1 must wait.
5. Partner 1 may NOT start running until the tire hits the ground.

---

**50-Yard Line Requirement**

- **Continue** this sling shot method until the 50-yard line.
- The tire must fully cross the 50-yard line **before** switching directions and returning to the starting point.

---

❏ **Finish & Memory Verse** 📖

Once the tire and both partners **completely** cross the starting line,

*ONLY ONE partner recites the **fourth** assigned Memory Verse.*

### EXERCISE #5: WHEELBARROW with SLEDGEHAMMER

*Click the link below for example of **Exercise 5**:*

<https://youtube.com/shorts/kcu2u-zufJo>

---

#### **Objective**

Work as a team to complete a partner wheelbarrow carry while maintaining control of a sledgehammer and switching roles at the halfway point.

---

#### **Movement Standard (Both Partners)**

- Partner 1 holds the feet/ankles of Partner 2.
- Partner 2 moves forward on his hands while holding a sledgehammer.
- The sledgehammer must remain in Partner 2's hand at all times.

---

#### **Rules**

- Do not **drop** the sledgehammer.
- You may drop your partners feet to rest but you **cannot** move forward until you pick up your partners feet.
- Maintain **control** and **coordination** between partners.

---

#### **Movement Sequence**

1. Partner 1 lifts and holds the feet of Partner 2.
2. Partner 2 supports his body with his hands while holding the sledgehammer.
3. The team performs a partner wheelbarrow for 50 yards.
4. At the halfway mark, partners must switch roles.
5. Continue the wheelbarrow until the designated stopping point is reached.

---

#### **❏ Finish & Memory Verse**

*Once **both** partners completely cross the starting line,  
ONLY ONE partner recites the **sixth** assigned Memory Verse.*

### EXERCISE #6: SLEDGEHAMMER to TIRE

*Click the link below for example of **Exercise 6**:*

<https://youtube.com/shorts/JBqZ8VBCH9o>

## Objective

Work as a team to complete **100 sledgehammer strikes EACH** using proper full-swing form while maintaining control and safety.

---

## Movement Standard (Both Partners)

- Each partner must complete **100 sledgehammer strikes EACH** to the tire.
  - Only **one** partner works at a time.
  - The partner who begins must **finish all 25 reps before switching**.  
*I.E. you can perform more than 25 reps, but 25 reps is the minimum once a partner starts his turn. He must complete 25 reps **before** switching.*
- 

## Rules

- Each swing must complete a **full circular motion**.
  - Hammer must travel behind your back and above your head **before** striking the tire.
  - Partial swings do **not** count as a rep.
  - Maintain **control** of the hammer throughout the movement.
- 

## Movement Sequence

1. One partner begins and performs 25 sledgehammer strikes on the tire **before** switching, 100 total REPs each partner for a **total** of 200 for Team.
  2. Each rep must follow proper **full** circular swing form.
  3. After completing all 100 reps for **both** partners, reps are complete and move on to last memory verse.
- 

### ❏ **Finish & Memory Verse**

Once **both** partners complete the total team reps,  
**ONLY ONE** partner recites the **seventh** assigned Memory Verse.

**THE GAMES COMPLETE!**

**The team to completely finish Heat 3 the fastest wins the Men's Alliance Barbarian Games in both Age Categories!**

*There is no time cap for Heat 3, as the winner designation goes to the team to completely finish the heat in the shortest recorded time.*

## APPENDIX A: MEMORY VERSES

### MA MONTHLY VERSES

1. **Romans 3:23** For all have sinned and fall short of the glory of God.
2. **Romans 6:23** For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.
3. **Romans 5:8** But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
4. **Romans 10:9** If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.
5. **Romans 10:13** Everyone who calls on the name of the Lord will be saved.
6. **John 3:16** For God so loved the world that he gave his one and only son, that whoever believes in him shall not perish but have eternal life.
7. **Colossians 1:15** The Son is the image of the invisible God, the firstborn over all creation.
8. **Ephesians 2:8-9** For it is by grace you have been saved, through faith - and this is not from yourselves, it is the gift of God - not by works, so that no one can boast.
9. **John 14:6** I am the way and the truth and the life. No one comes to the Father except through me.
10. **Acts 4:12** Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.
11. **John 16:33** I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
12. **Hebrews 12:1-2** Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

### ADDITIONAL VERSES – HEAT 3

1. **Romans 12:2** Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.  
*(This verse calls for radical internal transformation)*

2. **2 Corinthians 5:20** We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.

*(This verse focuses on being an Ambassador for Christ)*

3. **Philippians 1:29-30** For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, since you are going through the same struggle you saw I had, and now hear that I still have.

*(This verse is powerful because it challenges our expectations about what it means to follow Christ—especially when it comes to suffering.)*

## APPENDIX B: DEMO VIDEOS

HEAT	#	EXERCISE	LINK
<b>1</b>	1	50 x SIT-UPS	<a href="https://youtube.com/shorts/HnY41m_0XqU">https://youtube.com/shorts/HnY41m_0XqU</a>
	2	50 x HRPUs	<a href="https://youtube.com/shorts/eRxhntr8GC4">https://youtube.com/shorts/eRxhntr8GC4</a>
	3	50 x ALT LUNGES	<a href="https://youtube.com/shorts/QzCCk-lQzMY">https://youtube.com/shorts/QzCCk-lQzMY</a>
	4	50 x BURPEES	<a href="https://youtube.com/shorts/OgH9qdebo_w">https://youtube.com/shorts/OgH9qdebo_w</a>
<b>2</b>	*	1 x BARBARIAN PUSH-UP	<a href="https://youtube.com/shorts/Ark5YkmHqIk">https://youtube.com/shorts/Ark5YkmHqIk</a>
	1	SPRINTS with CINDER BLOCK DROP-OFF	N/A
	2	PARTNER CARRY	<a href="https://youtube.com/shorts/LY0EfZDXGgo">https://youtube.com/shorts/LY0EfZDXGgo</a>
	3	SIDE-BY-SIDE CINDER BLOCK CRAWL	<a href="https://youtu.be/l5le8mvN5ig">https://youtu.be/l5le8mvN5ig</a>
	4	HIGH PLANK HOLD & JUMP OVER/CRAWL UNDER	<a href="https://youtu.be/5lemzJ-sBbY">https://youtu.be/5lemzJ-sBbY</a>
	5	SPRINTS with CINDER BLOCK – 5 LAPS	<a href="https://youtu.be/td1P93vhoYw">https://youtu.be/td1P93vhoYw</a>
<b>3</b>	1	MUMMY SIT-UP with TIRE CARRY SPRINT	<a href="https://youtu.be/ORYeyEMFmNY">https://youtu.be/ORYeyEMFmNY</a>
	2	LOW PLANK HOLD with ELEVATED HRPUs	<a href="https://youtu.be/7vDqz11DbQU">https://youtu.be/7vDqz11DbQU</a>
	3	BEAR CRAWL TANGO with TIRE DRAG	<a href="https://youtu.be/doRzddyPa_k">https://youtu.be/doRzddyPa_k</a>
	4	TIRE “FRISBEE” SLING SHOT	<a href="https://youtu.be/YebzbN-RhAg">https://youtu.be/YebzbN-RhAg</a>
	5	WHEELBARROW with SLEDGEHAMMER	<a href="https://youtube.com/shorts/kcu2u-zufJo">https://youtube.com/shorts/kcu2u-zufJo</a>
	6	SLEDGEHAMMER to TIRE	<a href="https://youtube.com/shorts/JBqZ8VBCH9o">https://youtube.com/shorts/JBqZ8VBCH9o</a>