

— 2026 —

BARBARIAN GAMES

HEAT 1

4 EXERCISES



9 MINUTES, Warrior Division

12 MINUTES Seasoned Warrior Division

— PARTNER CHALLENGE REP STACK —

TEAM NAME: _____ GRADERS NAMES: _____

TEAM BARBARIAN CALL SIGNS: _____ GRADERS CALL SIGNS: _____

TEAM TOTAL AGE: _____ DATE: _____

#	EXERCISE / CHALLENGE	REQUIREMENT / NOTES	GRADER (GO/NO-GO)
★	SWITCHER EXERCISE CINDER BLOCK HOLD	HOLD CINDER BLOCK ABOVE HEAD (MUST BE ABOVE HEAD FOR CHALLENGE REPS TO COUNT / DO NOT REST ON HEAD)	
	RECITE ROMANS 3:23	Barbarian must recite Romans 3:23 to grader.	
1	SIT UPS x50	50 FULL REPS	
2	HR PUSH UPS x50	50 FULL REPS	
	RECITE ROMANS 6:23	Barbarian must recite Romans 6:23 to grader.	
3	ALT LUNGES x50	50 FULL REPS	
4	BURPEES x50	50 FULL REPS	
	RECITE ROMANS 5:8	Barbarian must recite Romans 5:8 to grader.	

* Each Barbarian has to say 1 verse by themselves.
Once done, they can help each other on remaining verses.

TIME COMPLETION
(MM:SS) _____



THE CALL ⚡

Theme: Awakening & Identity

Core Idea: Every man is called out
of comfort and into purpose.

INTEGRITY. BROTHERHOOD. ENDURANCE. PURPOSE.

