

# — 2026 —

# BARBARIAN GAMES

**HEAT 2**

**5 EXERCISES**



15 MINUTES Warrior Division  
17 MINUTES Seasoned Warrior Division

## — 30-YARD CIRCUIT RELAY —

TEAM NAME: \_\_\_\_\_ GRADERS NAMES: \_\_\_\_\_  
 TEAM BARBARIAN CALL SIGNS: \_\_\_\_\_ GRADERS CALL SIGNS: \_\_\_\_\_  
 TEAM TOTAL AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

#	EXERCISE / CHALLENGE	REQUIREMENT / NOTES	GRADER (GO/NO-GO)
★	1 BARBARIAN PUSH UP EACH	Both team members perform 1 Barbarian Push Up.	
1	SPRINT & DROP	Sprint 30 yards down and back. Sprint Drop Block-Sprint Pick up Block	
	<b>RECITE ROMANS 10:9</b>	Barbarian must recite Romans 10:9 to grader.	
2	PARTNER CARRY & SPRINT	Carry Partner 30 yards down, Partners switch roles, return to start line	
	<b>RECITE ROMANS 10:13</b>	Barbarian must recite Romans 10:13 to grader.	
3	BLOCK CRAWL	Crawl pushing a cinder block Crawl pushing a cinder block 30 yards down and back.	
	<b>RECITE JOHN 3:16</b>	Barbarian must recite John 3:16 to grader.	
4	PLANK JUMP OVER / CRAWL UNDER	Jump over partner in plank position, crawl under, 30 yards down and back.	
	<b>RECITE COLOSSIANS 1:15</b>	Barbarian must recite Colossians 1:15 to grader.	
5	PARTNER SPRINT w/ BLOCK	Sprint carrying a cinder block 30 yards down and back. (Down and Back is 1 lap-Complete 5 Laps)	
	<b>RECITE EPHESIANS 2:8-9</b>	Barbarian must recite Ephesians 2:8-9 to grader.	
* Each Barbarian has to say 1 verse by themselves. Once done, they can help each other on remaining verses.			<b>TIME COMPLETION</b> (MM:SS) _____



### THE TRIAL ⚡

**Theme:** Refinement Through Pressure  
**Core Idea:** Faith and brotherhood are proven under load, fatigue, and adversity.

INTEGRITY. BROTHERHOOD. ENDURANCE. PURPOSE.

