

2026 BARBARIAN GAMES

HEAT 3

6 EXERCISES



FIRST TEAM TO FINISH WINS

50-YARD CIRCUIT RELAY

TEAM NAME: _____ GRADERS NAMES: _____
 TEAM BARBARIAN CALL SIGNS: _____ GRADERS CALL SIGNS: _____
 TEAM TOTAL AGE: _____ DATE: _____

OVERVIEW

* BEFORE STARTING, EACH PARTNER DUMPS 1 GALLON OF WATER ON THEIR PARTNER...GETTING UNCOMFORTABLE BEFORE UNCOMFORTABLE

#	EXERCISE / CHALLENGE	REQUIREMENT / NOTES	GRADER (GO/NO-GO)
★	RECITE MEMORY VERSE John 14:6	Barbarian must recite John 14:6 to grader.	
1	MUMMY SIT UPS	50 TOTAL REPS (25 reps each in a row before switching)	
	RECITE MEMORY VERSE Acts 4:12	Barbarian must recite Acts 4:12 to grader.	
2	PLANK HOLD & HAND RELEASE PUSH UPS	Partner Plank Hold and Partner Hand Release PushUp (down and back partners switch)	
	RECITE MEMORY VERSE John 16:33	Barbarian must recite John 16:33 to grader.	
3	BEAR CRAWL TANGO w/ TIRE DRAG	Partner Tire Drag W/ Partner Crawl Tango (down and back partners switch)	
	RECITE MEMORY VERSE Hebrews 12:1-2	Barbarian must recite Hebrews 12:1-2 to grader.	
4	TIRE FRISBEE SLINGSHOT	Partner Tire Frisbee Slingshot (tire & partners must cross 50 yd line and start line)	
	RECITE MEMORY VERSE Romans 12:2	Barbarian must recite Romans 12:2 to grader.	
5	PARTNER WHEELBARROW	Partner Wheelbarrow (both partners must cross 50 yd line and start line) (partner must carry/drag 15lb sledge hammer)	
	RECITE MEMORY VERSE 2 Corinthians 5:20	Barbarian must recite 2 Corinthians 5:20 to grader.	
6	HAMMER TO TIRE	100 reps per partner- (25 competitive reps before you can switch) 15lb sledge hammer strikes to tire	
	RECITE MEMORY VERSE Philippians 1:29-30	Barbarian must recite Philippians 1:29-30 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 COMMISSION ⚡

Theme: Mission & Brotherhood
Core Idea: Strength is meaningless unless it's carried forward for others.

