DEADLY DOZEN

GYM RACE RULEBOOK

Published by **www.strengthandconditioningcourse.com**

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Introduction

Alongside the main track race (DEADLY RUN), there are 7 other Gym Races for a total of 8 Primary Deadly Dozen Fitness Races. We also have the Deadly Fitness Test (DFT) which comprises of the 6 Rep Labours.

1. **DEADLY RUN:** The main track race with 400m Runs between the Labours.
2. **DEADLY STRONG:** Labour-only event (just the exercise stations).
3. **DEADLY ERG:** 1.6km Row to start, 1.6km Ski in the middle, and 1.6km Bike to finish.
4. **DEADLY ERG 2:** Cycles through either Row, Ski or Bike between the labours.
5. **DEADLY ROW ERG:** 400m Row between the Labours.
6. **DEADLY SKI ERG:** 400m Ski between the Labours.
7. **DEADLY BIKE ERG:** 800m Bike between the Labours.
8. **DEADLY AIR BIKE:** 24kcal Air Bike between the Labours.

Note: The ERG and Air Bike races are called DEADLY MACHINE Races or simply Machine Races.

Awards:

The 7 Gym Races have specific patches as prizes:

- **DEADLY STRONG**
- **DEADLY ERG**
- **DEADLY ERG 2**
- **DEADLY ROW ERG**
- **DEADLY SKI ERG**
- **DEADLY BIKE ERG**
- **DEADLY AIR BIKE**

All competitors get a patch.

Those who obtain all the ERG (ERG, Row, Ski, Bike) and the Air Bike Patches get awarded a **DEADLY MACHINE** Patch.

Those who complete all the Gym Races and the Track Races get a **DEADLY BEAST** Patch.

The Affiliate Gym and its partners provide any additional prizes: Deadly Dozen HQ (DDHQ) is NOT involved in this, and therefore, these prizes may differ from gym to gym.

The Race

The Deadly Dozen Fitness Race works off a Dozenal (duodecimal) system. Therefore, all distances and reps are based around the number 12 (a superior highly composite number) and can be increased or decreased by 25, 50 or 75% while maintaining round numbers – this is a key element of the training methodology.

The race alternates between Distance Labours and Rep Labours. Distance Labours involve the competitor moving across a set distance, for example, a 240m Farmers Carry. Rep Labours involve performing a set number of reps, for example, 60x Goblet Squats.

During the Track Race, competitors work over a 30m Lane during the Distance Labours. However, during Gym Races, competitors work over a 10m Lane. Therefore, for a Farmer's Carry of 240m, they complete 24x 10m lengths.

Here are the weights that male and female athletes use:

Labours	Male Weight	Female Weight
KB Farmers Carry	2x 24kg / 53lbs	2x 16kg / 35lbs
KB Deadlift	1x 32kg / 70lbs	1x 24kg / 53lbs
DB Lunge	2x 12.5kg / 30lbs	2x 7.5kg / 20lbs
DB Snatch	1x 15kg / 35lbs	1x 9kg / 20lbs
Burpee Broad Jump	Bodyweight (BW)	Bodyweight (BW)
KB Goblet Squat	1x 16kg / 35lbs	1x 12kg / 26lbs
WP Front Carry	1x 25kg / 55lbs	1x 20kg / 45lbs
DB Push Press	2x 12.5kg / 30lbs	2x 6kg / 15lbs
Bear Crawl	Bodyweight (BW)	Bodyweight (BW)
WP Clean & Press	1x 15kg / 35lbs	1x 10kg / 25lbs
WP Overhead Carry	1x 15kg / 35lbs	1x 10kg / 25 lbs
DB Devil Press	2x 10kg / 25lbs	2x 5kg / 12lbs

Race Variations

There are 7 Gym Race Variations. The Gym Races involve the same 12 Labours, all performed with the official race weights for the official race distances and reps. (All Distance Labours are performed over 10m Lanes).

DEADLY STRONG

The DEADLY STRONG is a Labour Only race where the competitor works through the 12 Labours in order, with no activity in between.

Pairs split the work however they like.

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs
2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 1x 24kg/53lbs
3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs
4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs
5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight
6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs
7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs
8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs
9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight
10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs
11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs
12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

DEADLY ERG

The DEADLY ERG is a race where the competitor starts with a 1.6km (1 Mile) Row ERG. Works through the first 6 Labours. Completes a 1.6km (1 Mile) Ski ERG. Works through the 2nd 6 Labours and completes a 1.6km (1 Mile) Bike ERG to finish the race.

Pairs split the work however they like (distances as below, NOT doubled).

1.6km (1 Mile) Row ERG

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs
2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs
3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs
4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs
5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight
6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

1.6km (1 Mile) Ski ERG

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs
8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs
9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight
10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs
11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs
12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

1.6km (1 Mile) Bike ERG

DEADLY ERG 2

The DEADLY ERG 2 cycles through a 400m Row, Ski, or 800m Bike between each Labour.

Pairs split the work however they like (distances as below, NOT doubled).

400m Row ERG

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs

400m Ski ERG

2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

800m Bike ERG

3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs

400m Row ERG

4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs

400m Ski ERG

5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight

800m Bike ERG

6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

400m Row ERG

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs

400m Ski ERG

8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

800m Bike ERG

9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight

400m Row ERG

10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

400m Ski ERG

11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

800m Bike ERG

12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

DEADLY ROW ERG

The DEADLY ROW ERG involves a 400m Row between each Labour.

Pairs split the work however they like (distances as below, NOT doubled).

400m Row ERG

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs

400m Row ERG

2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

400m Row ERG

3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs

400m Row ERG

4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lb / F: 1x 9kg/20lbs

400m Row ERG

5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight

400m Row ERG

6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

400m Row ERG

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs

400m Row ERG

8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

400m Row ERG

9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight

400m Row ERG

10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

400m Row ERG

11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

400m Row ERG

12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

DEADLY SKI ERG

The DEADLY SKI ERG involves a 400m Ski between each Labour.

Pairs split the work however they like (distances as below, NOT doubled).

400m Ski ERG

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs

400m Ski ERG

2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

400m Ski ERG

3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs

400m Ski ERG

4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs

400m Ski ERG

5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight

400m Ski ERG

6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

400m Ski ERG

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs

400m Ski ERG

8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

400m Ski ERG

9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight

400m Ski ERG

10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

400m Ski ERG

11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

400m Ski ERG

12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

DEADLY BIKE ERG

The DEADLY BIKE ERG involves a 800m Bike between each Labour.

Pairs split the work however they like (distances as below, NOT doubled).

800m Bike ERG

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs

800m Bike ERG

2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

800m Bike ERG

3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs

800m Bike ERG

4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs

800m Bike ERG

5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight

800m Bike ERG

6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

800m Bike ERG

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs

800m Bike ERG

8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

800m Bike ERG

9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight

800m Bike ERG

10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

800m Bike ERG

11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

800m Bike ERG

12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

DEADLY AIR BIKE

The DEADLY AIR BIKE involves a 24kcal Air Bike between each Labour.

Pairs split the work however they like (calories as below, NOT doubled).

24kcal Air Bike

1. **KB Farmers Carry:** 240m (24x 10m Lengths) – M: 2x 24kg/53lbs / F: 2x 16kg/35lbs

24kcal Air Bike

2. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

24kcal Air Bike

3. **DB Lunge:** 60m (6x 10m Lengths) – M: 2x 12.5kg/30lbs / F: 2x 7.5kg/20lbs

24kcal Air Bike

4. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs

24kcal Air Bike

5. **Burpee Broad Jump:** 60m (6x 10m Lengths) – Bodyweight

24kcal Air Bike

6. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

24kcal Air Bike

7. **WP Front Carry:** 240m (24x 10m Lengths) – M: 1x 25kg/55lbs / F: 1x 20kg/45lbs

24kcal Air Bike

8. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

24kcal Air Bike

9. **Bear Crawl:** 120m (12x 10m Lengths) – Bodyweight

24kcal Air Bike

10. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

24kcal Air Bike

11. **WP Overhead Carry:** 180m (18x 10m Lengths) – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

24kcal Air Bike

12. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

Race Categories

Solo Race

The Solo Race involves running the entire event as an individual.

There is no time limit on the race. However, each Labour (exercise) must be completed in the right order, and athletes cannot move on until the Labour is completed.

If an athlete is unable to complete a Labour to the set standard (modified technique or range of motion, etc), their final race time will be followed by "(s)" which denotes that they have "scaled" the race.

Pairs Race

The Pairs Race involves running the event in teams of two.

Pairs split the Labours and Machine work however they like (they do NOT double the distance, i.e., the DEADLY ROW is a 400m Row for both Solo and Pairs, the Pairs split the 400m however they like).

Athletes can be same-sex or mixed - mixed teams use the male weights (female-only teams use the female weights). Athletes can be any age combination (above 18).

If either athlete needs to scale a Labour, the final time will be followed by (s).

Equipment must be placed down on the floor before the other athlete takes over – the equipment can NOT be passed to your partner. Athletes must move together on the Distance Labours (one walking/jogging).

Relay Race

The Relay Race involves running the event in teams of four.

The Relay is only available on DEADLY ERG 2, ROW ERG, SKI ERG, BIKE ERG & AIR BIKE.

Each athlete runs 1x Journey (Machine) and 1x Labour before the next team member goes. Therefore, each athlete completes 3x Journeys and 3x Labours to complete the race – athletes can choose which Labours they complete, but they must complete the race in the correct order.

Athletes can be same-sex or mixed (2x male + 2x female) – athletes use the relevant weights for their sex. Athletes can be any age combination (above 18).

If any athlete needs to scale a Labour, the final time will be followed by (s).

Equipment must be placed down on the floor before the next athlete goes.

Event Setup

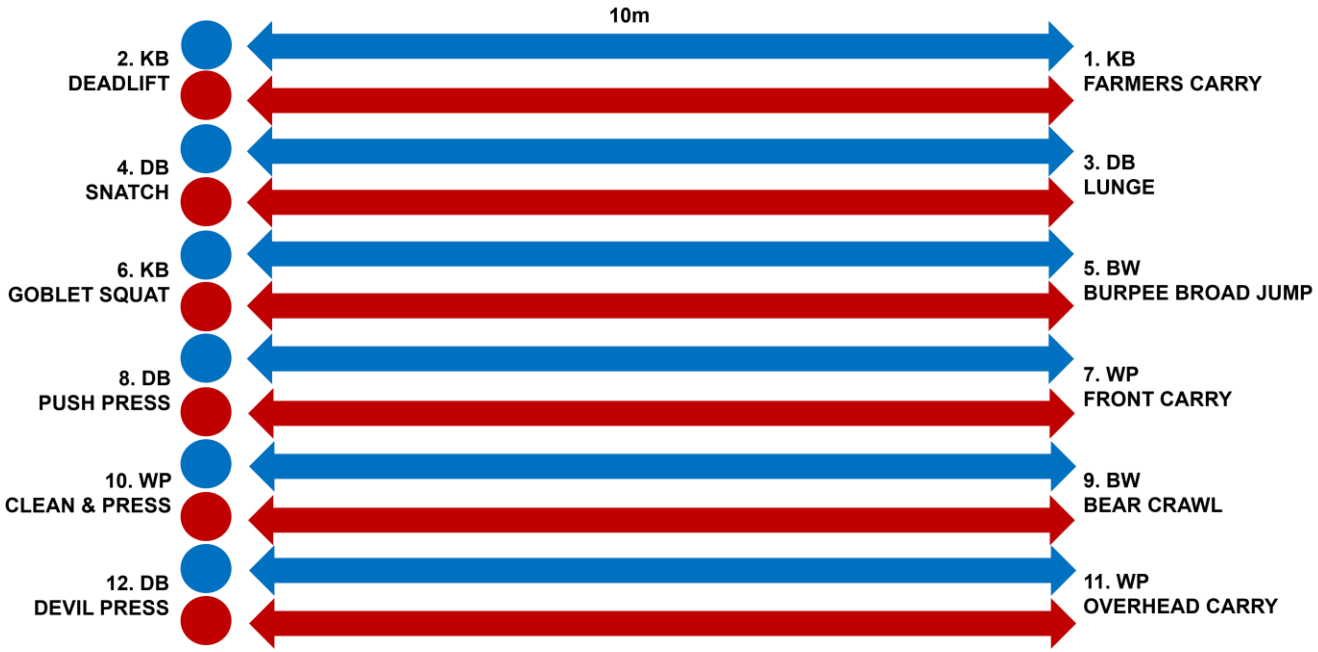
Competitors need at least 1 square meter to work in for the Rep Labours (2m in length for the Devil Press).

Distance Labours work across a 10m lane, which should be around 1m wide. There needs to space at either end of the lane for competitors to turn around, start their burpees, etc (2m either side – 14m lanes).

The equipment can be set up in a way that suits the gym space. However, it should be laid out in an intuitive order that suits the flow of the race.

Machines should be placed in a spot that is easy to access.

Here is an illustration of how gym races are set up.



Ideally, gyms should have a minimum of 6x 13-14m lanes to run Official Gym Races.

If you are interested in running Official Gym Races, drop us an email at **affiliates@deadlydozen.com**

You can sign up for Gym Races on the website: **www.deadlydozen.com**

Equipment

When I decided that I wanted to create a fitness race that combined resistance exercises with running and cardio machine work, and I wanted that race to be one of the most accessible fitness races and training methodologies in the world, I knew the race had to include only Bodyweight (BW), Kettlebell (KB) Dumbbell (DB), and Weight Plate (WP) exercises.

Of course, you can use any KBs, DBs and WPs that are available to you. However, Official Deadly Dozen Races use a set style of equipment – this equipment is available from equipment providers worldwide.

- The KB Labours can use both Cast Iron and Competition Kettlebells: The Farmers Carry and Deadlift can use Cast Iron or Competition KBs, and the Goblet Squat uses a Cast Iron KB
- The DB Labours use Hex Dumbbells (metal handles with rubber hexagonal bells)
- The WP Labours use Thick Rubber Bumper Plates (Diameter: 45cm)

WP Thickness (Circa): 25kg/55lbs: 8-9cm / 20kg/45lbs: 8cm / 15kg/35lbs: 6cm / 10kg/25lbs: 4-5cm







The following tables include everything you need to run a race simulation at the official race weights – of course, you can use the same weight(s) for multiple Labours (this is noted in bold brackets)

Male Weights:

KBs	Dumbbells	Weight Plates
1x 32kg / 70lbs	1x 15kg / 35lbs	1x 25kg / 55lbs
2x 24kg / 53lbs	4x 12.5kg / 30lbs **(2x)**	2x 15kg / 35lbs **(1x)**
1x 16kg / 35lbs	2x 10kg / 25lbs	

Female Weights:

KBs	Dumbbells	Weight Plates
1x 24kg / 53lbs	1x 9kg / 20lbs	1x 20kg / 45lbs
2x 16kg / 35lbs	2x 7.5kg / 20lbs	2x 10kg / 25lbs **(1x)**
1x 12kg / 26lbs	2x 6kg / 15lbs	
	2x 5kg / 12lbs	

The Deadly Fitness Test (DFT)

The DEADLY FITNESS TEST (DFT) is a test that includes the 6 Rep Labours. Participants can choose to run, row erg, ski erg, bike erg, or air bike (the Journeys) between each Labour.

- 400m Run (outdoor or treadmill) / Row Erg / Ski Erg
- 800m Bike Erg
- 24kcal Air Bike

Pairs split the work however they like (distances as below, NOT doubled).

Journey

1. **KB Deadlift:** 60 Reps – M: 1x 32kg/70lbs / F: 2x 24kg/53lbs

Journey

2. **DB Snatch:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 9kg/20lbs

Journey

3. **KB Goblet Squat:** 60 Reps – M: 1x 16kg/35lbs / F: 1x 12kg/26lbs

Journey

4. **DB Push Press:** 60 Reps – M: 2x 12.5kg/30lbs / F: 2x 6kg/15lbs

Journey

5. **WP Clean & Press:** 60 Reps – M: 1x 15kg/35lbs / F: 1x 10kg/25lbs

Journey

6. **DB Devil Press:** 20 Reps – M: 2x 10kg/25lbs / F: 2x 5kg/12lbs

The Rulebook

In this section, we look at the overall rules of the race and an in-depth look at each of the Labours, detailing the key rules.

Registration

- Deadly Dozen Fitness Race Registration can only be done via the official Deadly Dozen Website: **www.deadlydozen.com**
- Athletes must select their gender category (Male or Female), input their age and select the race category they are entering (Solo, Pairs, Relay)
- The athlete must be at least 18 years old on the day of the Deadly Dozen race
- The athlete must agree to the terms and conditions set upon registration
- Race spots are non-refundable and non-deferrable. Ticket transfers can be done for FREE.

Age Categories

Age categories are determined by their age on the race date – if the athlete turns 50 the following day, they are still in the 45-49.

- 18-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80+

Pairs age categories are created by adding the two participants ages together and dividing them by two, e.g., 40 plus 50 equals 90. 90 divided by 2 is 45.

Relay age categories are created by adding the four participants ages together and dividing them by four.

40+20+50+60 = 170. 170 / 4 = 43 (rounded up from 42.5)

Equipment

The following equipment **can** be used/carried during the race:

- Appropriate clothing: Shorts/joggers/t-shirt/vest – athletes can go topless
- Appropriate trainers: Trainers can have carbon plates
- Appropriate headwear (caps)
- Watch/heart rate monitor
- Sweatbands – headbands and wristbands
- Gloves
- Knee sleeves or joint supports
- Belts – equipment cannot be rested on belts
- Athletes can choose to carry a hydration pack (worn on their back) and can carry snacks/energy gels, etc. However, these must be carried by the athlete, and all rubbish must be kept on the athlete

The following equipment **can NOT** be used/carried during the race:

- Trainers with spikes
- Phones
- Headphones
- Rings or jewellery that could cause injury if it were to get caught
- Lifting straps
- Chalk – powdered or liquid (no tacky)

Hydration and Nutrition

Athletes can NOT receive any hydration or nutritional products from a spectator. Water is available at the gym water stations (we advise you bring a water bottle).

It is advised that athletes hydrate fully and eat around 2-3 hours before their race wave.

We recommend you trial the appropriate nutrition protocol for the race day weeks/months prior: Program some form of race simulation/hard training session and trial your morning routine.

Race Day Protocol

- Athletes must turn up 20-30 minutes before their wave time
- Upon arrival, athletes head to the registration area
- Once registered, the athlete will be assigned to a judge
- Athletes are responsible for their training equipment and valuables on the day
- Athletes can warm up in the areas provided by the gym

Judging

- At registration, the athlete is assigned to a judge, and the athlete's details are filled out on the scorecard (downloaded from the Affiliate Hub)
- The judge follows the athlete through the entire race from start to finish, ensuring they complete the correct distances and reps and that movement standards are adhered to
- The athlete starts standing behind the first station (Labour or Machine). The judge gives the command “3-2-1-Go” and starts the stopwatch – judges use a stopwatch app on their phone
- The judge uses the stopwatch app to record the time of each station – they press the “Lap” button after each station (Labour or Machine) is completed. Transition times are included in the station time, i.e., once the 60 reps of the Deadlift are done, the judge presses “Lap.” The time to transition to the Lunge and the times taken to complete the Lunges is a single lap time
- If there is no equipment ready for an athlete when they get to a Labour, the judge stops the stopwatch and restarts it when the equipment becomes available (this should not happen with the right organisation).
- Once the athlete has finished the race, the judge records the “Lap” (split) times to the second (discount milliseconds) onto the scorecard. All scorecards are collected, and the data is sent to Deadly Dozen HQ (DDHQ)

Scaling

All activities involved in the Deadly Dozen Fitness Race can be “Scaled” (s) to accommodate for the needs of the athlete. Athletes with specific needs should contact the race director prior via email (info@deadlydozen.com) to ensure we can accommodate for the athlete to the best of our ability – we stand by our aim to be the most accessible fitness race in the world.

Race Declaration

The athlete agrees to race in a fair and honourable manner, and to show good sportsmanship throughout the race. The athlete agrees to show the utmost of respect to Deadly Dozen officials and volunteers, other athletes, and spectators. If these standards are not met, the athlete will be disqualified from the race and potentially banned from future races. No refunds will be given to athletes that are disqualified or banned.

In consideration of being permitted by Deadly Dozen to participate in its activities and to use its equipment and facilities, now and in the future, I hereby agree to release, indemnify and forever discharge Deadly Dozen, its agents, owners, members, shareholders, directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns (the “RELEASED PARTIES”), on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

I acknowledge that my participation in Deadly Dozen activities and use of Deadly Dozen facilities entails known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardising the essential qualities of the activity.

Machine Rules

“Machine” refers to the Row ERG, Ski ERG, Bike ERG, and the Air Bike.

1. The damper setting on ERGs can be changed at any time
2. Seat height on bikes can be changed as many times as is needed
3. Athletes can use any techniques they like while on the machines as long as it is NOT damaging to them
4. Athletes can sit or stand on bikes
5. Upon completion of a set distance, the judge will let the athlete know they can move on – do NOT move until the judge says you can go

Labour Rules

The following pages describe the rules of each of the 12 Labours:

1. KB Farmers Carry
2. KB Deadlift
3. DB Lunge
4. DB Snatch
5. Burpee Broad Jump
6. KB Goblet Squat
7. WP Front Carry
8. DB Push Press
9. Bear Crawl
10. WP Clean & Press
11. WP Overhead Carry
12. DB Devil Press

1. KB Farmers Carry

The KB Farmers Carry involves carrying a KB in each hand and walking or running a distance of 240m over a 30m lane (8x 30m lengths / 4x there and back).

Distance: 240m

Male Weight: 2x 24kg / 53lbs (KB)

Female Weight: 2x 16kg / 35lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The athlete can walk or run
- The KBs can be placed down at any time. The athlete must place them down where they are stood and remain in that position until they pick them up again
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- Upon completion of the full distance, the KBs must be placed down so that they are ready for the next athlete





2. KB Deadlift

The KB Deadlift involves picking up a KB from the floor with straight arms and fully extending the knees and hips so that the shoulders come behind the KB at the top. The KB is then returned to the floor and must touch the floor (not dropped) before subsequent reps are completed.

Reps: 60

Male Weight: 1x 32kg / 70lbs (KB)

Female Weight: 1x 24kg / 53lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The feet can be slightly wider than shoulder-width, but NOT a wide sumo stance
- The hands do NOT have to leave the handle of the KB between each rep, but the athlete can take their hands off at any time to rest
- Rests must be taken in a stationary position – the athlete can NOT walk around
- The KB must touch the floor between each rep, otherwise the lift is a no rep
- Both the knees and hips must fully extend at the top and the shoulders must finish behind the KB
- On the last rep, the KB must be placed down so that it is ready for the next athlete





3. DB Lunge

The DB Lunge involves holding a DB in each hand in a farmer's carry position (straight arms at your sides) and performing walking lunges for 60m (2x 30m lengths – 1x there and back).

Distance: 60m

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 7.5kg / 20lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The athlete can put the DBs down at any time and rest. However, they must place the DBs down under control and rest in a stationary position where they stopped
- The rear knee must touch the floor during each lunge, and the knee that touches the floor must alternate (the athlete can NOT lunge forward with the same leg twice)
- The knees and hips must fully extend at the top of each lunge
- If the knee does not touch the floor or the hips and knees do not fully extend at the top, the athlete gets 1 warning before being told to stop and take one step back
- The athlete can stride through with the rear leg into the next lunge without setting their foot down, or they can place the foot down before proceeding into the next lunge
- The athlete can NOT take any steps forward in between lunges. If they do, they will be told to stop and take a step back
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete





4. DB Snatch

The DB Snatch involves taking a single DB from the floor to overhead in one movement. This is done in an alternating fashion from one arm to the next – the athlete can NOT perform multiple successive reps on the same side.

Reps: 60 (30 Each Side)

Male Weight: 1x 15kg / 35lbs (DB)

Female Weight: 1x 9kg / 20lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DB is on the floor and the athlete grips it with one hand. Their other hand can be supported on their leg
- The DB is pulled upward and taken overhead, and the elbow must extend fully – if the elbow does not extend fully, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend arms overhead)
- The athlete can change hands on the way down (the working arm must extend before the DB is changed to the other hand) or while the DB is on the floor
- Only one of the bells (the end of the DB) has to touch the floor – if it doesn't touch the floor, it is a no rep
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DB must be placed down so that it is ready for the next athlete





5. Burpee Broad Jump

The Burpee Broad Jump involves performing a burpee (going from a standing position to lying chest down on the floor) before standing up and jumping forward with both feet and landing with both feet (broad jump, aka horizontal jump). This is done for 60m (2x 30m lengths – 1x there and back).

Distance: 60m

Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

Key Rules:

- The athlete must start behind the line and perform a burpee with their chest and thighs touching the floor – the athlete can step or jump down into the bottom position, but the hands can't crawl forward
- The athlete can step up or jump up from the bottom position (the body does NOT have to fully extend before jumping
- If jumping up, where the feet land is where the broad jump is performed from – athletes can NOT step forward after jumping up. If stepping up, after the initial step, the rear foot steps up in line with the front foot and the broad jump is performed from there – no additional steps can be taken
- The athlete must perform the jump with both feet and land with both feet
- Upon landing the jump, no additional steps can be taken and if the athlete stumbles forward or steps forward by accident, they must stop and take a step back
- Upon landing the jump, the athlete can place their hands down anywhere in front of their feet and perform the next burpee by jumping or stepping back with their legs (NOT crawling forward with their hands) – the athlete can NOT dive or leap forward with their body into the bottom of the burpee
- The athlete can rest at any time in any position (on their knees, etc). However, they must remain where they stopped – they can NOT crawl forward
- At each end of the 30m lane, the athlete must cross over the line with their entire body, i.e., jump over the line





6. KB Goblet Squat

The KB Goblet Squat involves holding a KB to the front (above the waist) and performing squats to parallel or below (thighs in relation to the floor). Therefore, the thighs must be at least parallel to the floor.

Reps: 60

Male Weight: 1x 16kg / 35lbs (KB)

Female Weight: 1x 12kg / 26lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the KB how they like
- The KB must be held above the athlete's waist – if the KB drops below the waistline, it is a no rep
- The stance can be slightly wider than shoulder width, but a sumo squat position can NOT be used (athletes would struggle to achieve the appropriate depth if the squat stance is too wide)
- The athlete must squat to at least a parallel position, where their thighs are parallel to the floor, i.e., the hips are at the same height at the knees
- The forearms can NOT push on the legs at the bottom of the squat
- Both the knees and hips must fully extend at the top of the movement
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the KB must be placed down so that it is ready for the next athlete





7. WP Front Carry

The WP Front Carry involves carrying a WP to your front (with both arms) and walking or running a distance of 240m over a 30m lane (8x 30 lengths / 4x there and back).

Distance: 240m

Male Weight: 1x 25kg / 55lbs (WP)

Female Weight: 1x 20kg / 45lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as it is held with both hands/arms at the front of their body (NOT on their shoulder or head)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete





8. DB Push Press

The DB Push Press involves pressing a pair of DBs from the shoulders to overhead. A leg drive can be used (a bend and extension of the knees to propel the DBs upwards). The elbows must extend fully overhead.

Reps: 60

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 6kg / 15lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DBs should be either touching the shoulders or be just above the athlete's shoulders (no higher than the athlete's ears)
- The athlete can press the DBs overhead using a strict press (upper body only). However, a bend of the knees followed by an explosive extension of the knees can be used to propel the DBs overhead (Push Press)
- The elbows must fully extend overhead, otherwise it is a no rep.
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DBs must be placed down so that they are ready for the next athlete





9. Bear Crawl

The Bear Crawl involves crawling on all fours (hands and feet – NOT knees) over a distance of 120m (4x 30m lengths – 2x there and back).

Distance: 120m

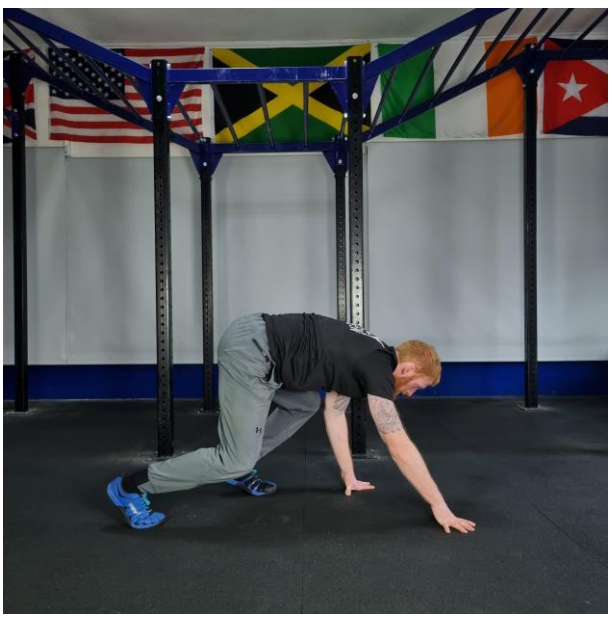
Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

Key Rules:

- The athlete must start behind the line and get onto their hands and feet and start crawling
- The knees are not allowed on the floor while crawling
- There should always be at least one hand and one foot on the floor at all times.
- The athlete can NOT use a "galloping" action where both hands and/or feet are off the floor at the same time
- The athlete can rest at any time in any position (on their knees, standing, etc). However, they must remain where they stopped – they can NOT crawl forward while on their knees
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both hands and feet). They can NOT stand up and step across the line, or crawl on their knees across the line





10. WP Clean & Press

The WP Clean & Press involves taking a WP from the floor to overhead. The WP must touch the floor between each rep and the elbows must fully extend overhead.

Reps: 60

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, any part of the WP can touch the floor (usually the top edge as pictured) – if the WP doesn't touch the floor, it is a no rep
- The centre of the WP must be taken directly overhead, and the elbows must fully extend – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the WP must be placed down so that it is ready for the next athlete





11. WP Overhead Carry

The WP Front Carry involves carrying a WP overhead (with both arms) and walking or running a distance of 180m over a 30m lane (6x 30 lengths / 3x there and back).

Distance: 180m

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as the centre of the WP is directly over their head
- The athlete's elbows can be straight or bent, but the plate can NOT touch the head – if the WP touches the athlete's head, they will be asked to stop and given a caution (after 3 warnings the athlete is scaled)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are – the athlete can NOT rest the WP on their head (even while stationary)
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete





12. DB Devil Press

The DB Devil Press involves holding a DB in each hand, performing a burpee with the chest and thighs touching the floor before jumping or stepping up, lifting the DBs and taking them overhead.

Reps: 20

Male Weight: 2x 10kg / 25lbs (DB)

Female Weight: 2x 5kg / 12lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- With a DB in each hand, the athlete performs a burpee and touches their thighs and chest to the floor. The athlete can jump or step down
- The athlete then jumps or steps up and stands up with the DBs and takes them overhead – this movement can be performed as a strict DB clean and press, or a swinging motion can be used
- The athlete's elbows must fully extend overhead – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete





The Training Manual

If you want to master the Deadly Dozen Fitness Race and Training Methodology, this manual is for you!

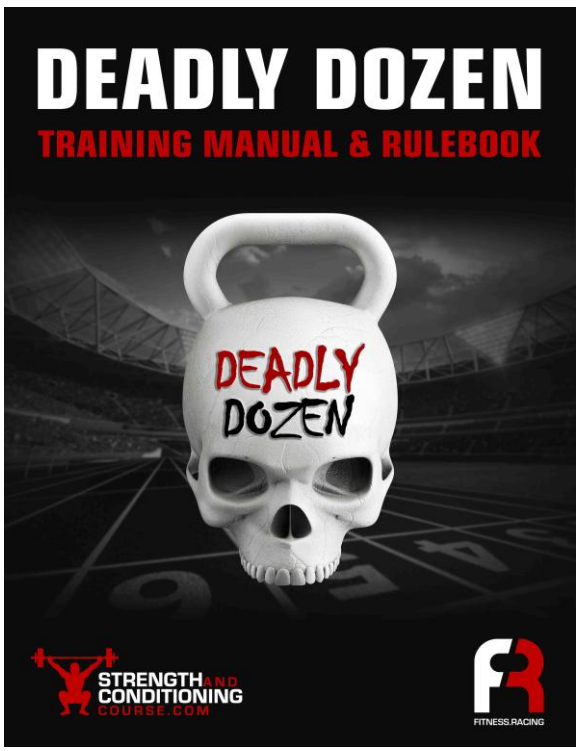
Over 250+ pages, this manual guides you through each aspect of the race and teaches you how to effectively develop all 12 components of physical fitness – many have described this manual as an entire Personal Training and Strength and Conditioning Qualification in one book!

The manual teaches you about the rules and regulations of the race and gives you an expert understanding of the fundamentals of movement and physical training, exercise physiology, periodization, and programming. It also teaches you how to warm up and use explosive movements to potentiate the body and takes a deep dive into over 60 exercises that will help develop a fitness racer's key performance qualities.

Throughout the manual, there are over 100 program examples, ranging from annual plans to daily session plans that focus on Strength Training (Resistance Training), Labour Fitness (Circuit Training), and Journey Fitness (Running and other forms of Cardio – Row, Ski, Bike, etc).

Within the manual, you can access a colossal amount of FREE content, thousands of pages, including our 308-page Mobility & Flexibility eBook.

Whether you are a seasoned fitness racer or someone looking to complete their first race, this manual is an absolute goldmine of information and a must for anyone who takes their physical training seriously.



Purchase a Paperback copy on Amazon: https://mybook.to/ddmanual

Purchase a PDF copy: https://courses.strengthandconditioningcourse.com/p/ddtrainingmanual

Paperback Programs

We have two Paperback Programs that are designed to get participants ready for the Deadly Dozen Fitness Race.

The first is a 6-Week Beginner Program for those that are new to fitness racing and need to build the fundamentals. The focus of the program is developing good movement technique, building muscular strength and endurance, and establishing a good aerobic base with progressive running.

The second program is a 12-Week Triad Program. The Deadly Dozen Triad is an ADVANCED program for well-trained individuals. The program focuses on developing a high level of strength, speed, power, and both aerobic and anaerobic fitness – it is NOT for the light-hearted!



Beginner Paperback on Amazon: https://mybook.to/ddbeginner

Beginner PDF Download: https://courses.strengthandconditioningcourse.com/p/ddbeginner



Triad Paperback on Amazon: https://mybook.to/ddtriad

Triad PDF Download: https://courses.strengthandconditioningcourse.com/p/ddtriad

Deadly Dozen Affiliate

Maximize your reach by joining our inner circle and becoming a Deadly Dozen Affiliate / Master Coach (MC).

For a small monthly fee, you can become an **Official Deadly Dozen Affiliate** and reap a whole host of benefits.

As a Deadly Dozen Affiliate, you get the opportunity to run Official Deadly Dozen Gym Races. You also gain your own unique login to our Online Hub, which is packed full of resources and educational content and is ever-growing. Within the hub, you can download our branding and marketing materials and even gain 30% commission on all book and course sales you make, for example, the Deadly Dozen Training Manual - many of our affiliates earn more than £30-150pm on sales which is automatically paid directly into their PayPal account.

What you get:

- Ability to promote your gym as an Official Deadly Dozen Gym and use Deadly Dozen branding for promotion - run Official Deadly Dozen classes and workshops
- Ability to run Official Deadly Dozen Gym Races + the DFT
- A 30% commission code on all our online courses + eBooks - you earn 30% of the course / book sale!
- Access to a HUGE portfolio of educational resources that cover all things health, fitness and performance
- Mentorship / email support from our race director Coach Jason Curtis and his team of Master Coaches
- Access to take the Deadly Dozen Master Coach (DDMC) Exam
- Get your gym / your business info listed on the Deadly Dozen website

Note: You can only promote yourself as a Master Coach once you complete the exam and gain your certificate – the DDMC exam can be found within the Online Hub.

Check out the link below to become an Official Deadly Dozen Affiliate Today!

WWW.DEADLYDOZEN.COM

Our Academy

Check out all my content by using the link below or scanning the QR code:

www.courses.strengthandconditioningcourse.com/p/home

Or go to our LinkTree: www.linktr.ee/sccacademy

STRENGTH AND CONDITIONING COURSE.COM



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