

EGYPT 2025
ELFIT
CHAMPIONSHIP

ONLINE QUALIFIERS 25.1
ALL DIVISIONS

MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.1

ELITE

FOR TIME

100 DOUBLE UNDERS
25 TOES TO BAR
30 METERS DUAL DBS FARMER CARRY
WALKING LUNGES (6 TRIPS X5M)

100 DOUBLE UNDERS
25 TOES TO BAR
20 METERS DUAL DBS FRONT RACK
WALKING LUNGES (4 TRIPS X5M)

100 DOUBLE UNDERS
25 TOES TO BAR
10 METERS DUAL DBS OVERHEAD
WALKING LUNGES (2 TRIPS X5M)

TIME CAP 12 MINS

WEIGHTS	MALES
DUMBBELLS	2x22.5 KG

25.1 MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.1

INTERMEDIATE

FOR TIME

75 DOUBLE UNDERS
18 TOES TO BAR
30 METERS DUAL DBS FARMER CARRY
WALKING LUNGES (6 TRIPS X5M)

75 DOUBLE UNDERS
18 TOES TO BAR
20 METERS DUAL DBS FRONT RACK
WALKING LUNGES (4 TRIPS X5M)

75 DOUBLE UNDERS
18 TOES TO BAR
10 METERS DUAL DBS OVERHEAD
WALKING LUNGES (2 TRIPS X5M)

TIME CAP 12 MINS

WEIGHTS	MALES	FEMALES
DUMBBELLS	2x22.5 KG	2x15 KG

25.1 MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



WORKOUT 25.1

SCALED

FOR TIME

3 ROUNDS

100 SINGLE UNDERS

25 MEDBALL SETUPS

30 METERS DUAL DBS FARMER CARRY

WALKING LUNGES (6 TRIPS X5M)

TIME CAP 10 MINS

WEIGHTS	MALES	FEMALES
DUMBBELLS	2x15 KG	2x10 KG
MEDBALL	20 LBS	14 LBS

25.1 MOTION STANDARDS

EQUIPMENT PARTNER



ORGANIZED BY



FOR MEN ELITE

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete standing tall in front of the Jump Rope

At the call of "3, 2, 1, GO," start the workout by starting the timer for a 12-minute time cap.

Begin with 100 double unders, Follow this with 25 toes to bar, and then complete 30m on farmer carry walking lunges(6trips x 5m long), once done Repeat the 100 double unders followed by the 25 toes to bar and 20m front rack walking lunges (4trips x 5m long) once done Perform the third round and final round of 100 double unders, followed by 25 toes to bar , and finish with 10m overhead walking lunges(2trips x 5m long).

Stop the timer once all exercises are completed or the 12-minute cap is reached.

FOR MEN & WOMEN(INTERMEDIATE)

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete standing tall in front of the Jump Rope

At the call of "3, 2, 1, GO," start the workout by beginning the timer for a 12-minute time cap.

Begin with 75 double unders, Follow this with 18 toes to bar, and then complete 30m on farmer carry walking lunges(6trips x 5m long), once done Repeat the 75 double unders followed by the 18 toes to bar and 20m front rack walking lunges (4trips x 5m long) once done Perform the third round and final round of 75 double unders, followed by 18 toes to bar , and finish with 10m overhead walking lunges(2trips x 5m long).

Stop the timer once all exercises are completed or the 12-minute cap is reached.

FOR MEN & WOMEN (SCALED)

Prior to starting, set up the floor plan as shown below. The workout begins with the athlete standing tall in front of the Jump Rope

At the call of "3, 2, 1, GO," start the workout by beginning the timer for a 10-minute time cap.

Perform three rounds of 100 single unders, followed by 25 medball situps , and finish with 30m farmer carry walking lunges(6trips x 5m long)

Stop the timer once all exercises are completed or the 12-minute cap is reached.

Important Notes:

The official weight is kilograms. For your convenience, the minimum acceptable weights in pounds for the Dual DBs are:

- 22.5kg (50lbs)
- 15kg (35lbs)
- 10kg (25lbs)

The official weight is kilograms. For your convenience, the minimum acceptable weights in pounds for the Medball Situps are:

- ♂ 20lbs (9kg)
- ♀ 14lbs (6kg)

CAN USE:

- Hand Protection
- Knee Protection
- Tape
- Knee sleeves
- Training shoes
- Magnesia/Chalk
- AbMat

CAN NOT USE:

- Any kind of grip enhancement strap
- Hand protection and tape the bar at the same time

DOUBLE UNDER

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not just attempts.

DOUBLE-UNDERS NO REPS :

- The rope not passing twice under the feet.

TOES TO BAR

- Athlete must be in dead hang position and start his/her toes to bar without any touches in their legs by the Rack.
- Every Rep should start where both legs (feet) passing behind the rack
- It will finish when BOTH Toes touching the bar at the same time.
- Only toes must touch the bar.

TOES TO BAR NO REPS:

- Heels don't clearly pass behind the midline.
- Both feet don't touch the bar at the same time.

Farmer Carry Walking Lunges

- Dumbbells should be lifted in farmer carry position.
- Athlete must start the lunges with both feet behind the start line, and ends up the rep with both feet passing clearly the end line.
- The walking lunges, knees should be touching the ground on each 90/90-degree lunge with a full stop at the middle.
- Fully extended at the level of knees, hip and shoulders, without any kind of Baby Steps in between.
- **YOU MUST TAPE EVERY 10 METERS, MAKING SURE IT IS CLEARLY VISIBLE AND CORRECTLY MEASURED.**

Farmer Carry Walking Lunges NO REPS

- If you rested the dumbbells on your shoulders or supported the dumbbells anyway else.
- It will be a no rep if your legs are not visible in the video showing that you started behind the line and finished with both legs crossing the other end of the lunge route.
- Baby steps are not allowed and it is NO REP.
- Every no rep athlete must re do the whole 5 meters.
- Legs are not clearly visible in the video
- Athlete does not start with both feet fully behind the line.
- Athlete does not finish with both feet fully crossing the line at the end of the lunge route.
- Knee does not touch the floor on each lunge step.
- Hips do not reach full extension before initiating the next step.
- Every no rep athlete must re do the whole 5 meters.
- Baby steps are not allowed and it is NO REP.

FRONT RACK WALKING LUNGES

- Dumbbells should be placed on the front rack with a full grip on the dumbbells, and they should not be placed or released on the shoulders.
- The walking lunges, knees should be touching the ground on each 90/90-degree lunge with a full stop at the middle.
- Fully extended at the level of knees, hip and shoulders, without any kind of Baby Steps in between.
- YOU MUST TAPE EVERY 10 METERS, MAKING SURE IT IS CLEARLY VISIBLE AND CORRECTLY MEASURED.

FRONT RACK WALKING LUNGES NO REPS

- Dumbbells must remain in front rack position - if not it will be a no rep.
- If you rested the dumbbells on the shoulders without a proper hand grip support
- Legs are not clearly visible in the video
- Athlete does not start with both feet fully behind the line.
- Athlete does not finish with both feet fully crossing the line at the end of the lunge route.
- Knee does not touch the floor on each lunge step.
- Hips do not reach full extension before initiating the next step.
- Every no rep athlete must re do the whole 5 meters.
- Baby steps are not allowed and it is NO REP.

OVERHEAD WALKING LUNGES

- Dumbbells should be placed overhead with arm fully locked.
- The walking lunges, knees should be touching the ground on each 90/90-degree lunge with a full stop at the middle.
- Fully extended at the level of knees, hip and shoulders, without any kind of Baby Steps in between.
- YOU MUST TAPE EVERY 10 METERS, MAKING SURE IT IS CLEARLY VISIBLE AND CORRECTLY MEASURED.

OVERHEAD WALKING LUNGES NO REPS

- Dumbbells are not locked out overhead with arms fully extended.
- Elbows bend or arms are not stable overhead during the movement.
- If you rested the dumbbells on the shoulders without a proper hand grip support
- Legs are not clearly visible in the video
- Athlete does not start with both feet fully behind the line.
- Athlete does not finish with both feet fully crossing the line at the end of the lunge route.
- Knee does not touch the floor on each lunge step.
- Hips do not reach full extension before initiating the next step.
- Every no rep athlete must re do the whole 5 meters.
- Baby steps are not allowed and it is NO REP.

SINGLE UNDERS

- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not just attempts.

SINGLE-UNDERS NO REPS

- The rope not passing once under the feet

MEDICINE-BALL SIT-UPS

- Athlete should lie on the ground with bent legs in butterfly position
- Holding a medicine ball over head.
- Every Rep should start the ball touching the floor overhead and finishing when the ball touches the floor in front of the legs.
- Allowed to use abmats.

MEDICINE-BALL SIT-UPS NO REPS

- Medball not touching the floor in the beginning and the finish of each rep
- The medball touches between legs in butterfly position -not front of both legs at the end of each rep.

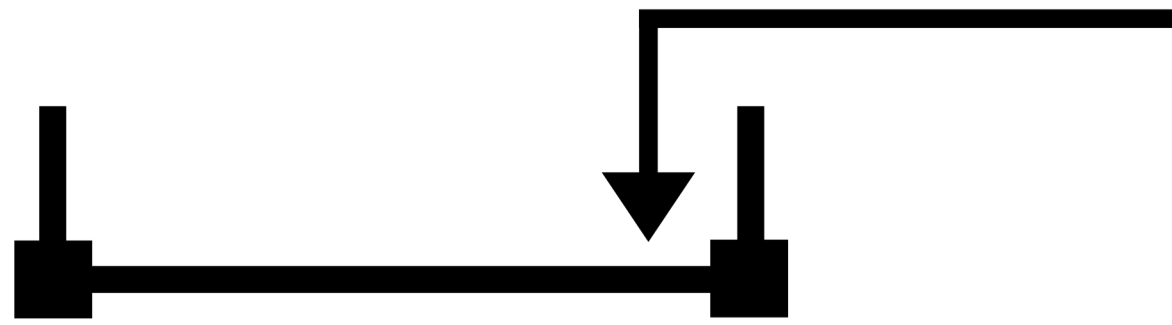
FARMER CARRY WALKING LUNGES

- Dumbbells should be lifted in farmer carry position.
- Athlete must start the lunges with both feet behind the start line, and ends up the rep with both feet passing clearly the end line.
- The walking lunges, knees should be touching the ground on each 90/90-degree lunge with a full stop at the middle.
- Fully extended at the level of knees, hip and shoulders, without any kind of Baby Steps in between.
- Any fail in the middle or a baby steps this is a "no rep", athlete must repeat the whole 5m.
- **YOU MUST TAPE EVERY 10 METERS AND TO BE CLEARLY VISABLE AND TO BE MEASURED CORRECTLY.**

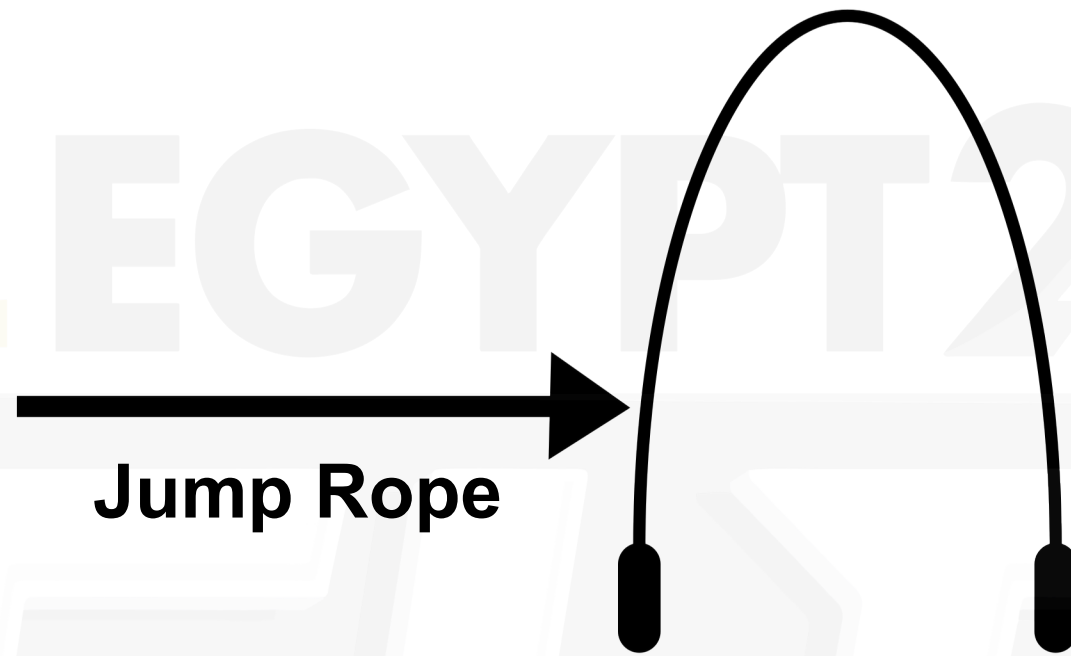
FARMER CARRY WALKING LUNGES NO REPS

- If you rested the dumbbells on your shoulders or supported the dumbbells anyway else.
- It will be a no rep if your legs are not visible in the video showing that you started behind the line and finished with both legs crossing the other end of the lunge route.
- Legs are not clearly visible in the video
- Athlete does not start with both feet fully behind the line.
- Athlete does not finish with both feet fully crossing the line at the end of the lunge route.
- Knee does not touch the floor on each lunge step.
- Hips do not reach full extension before initiating the next step.

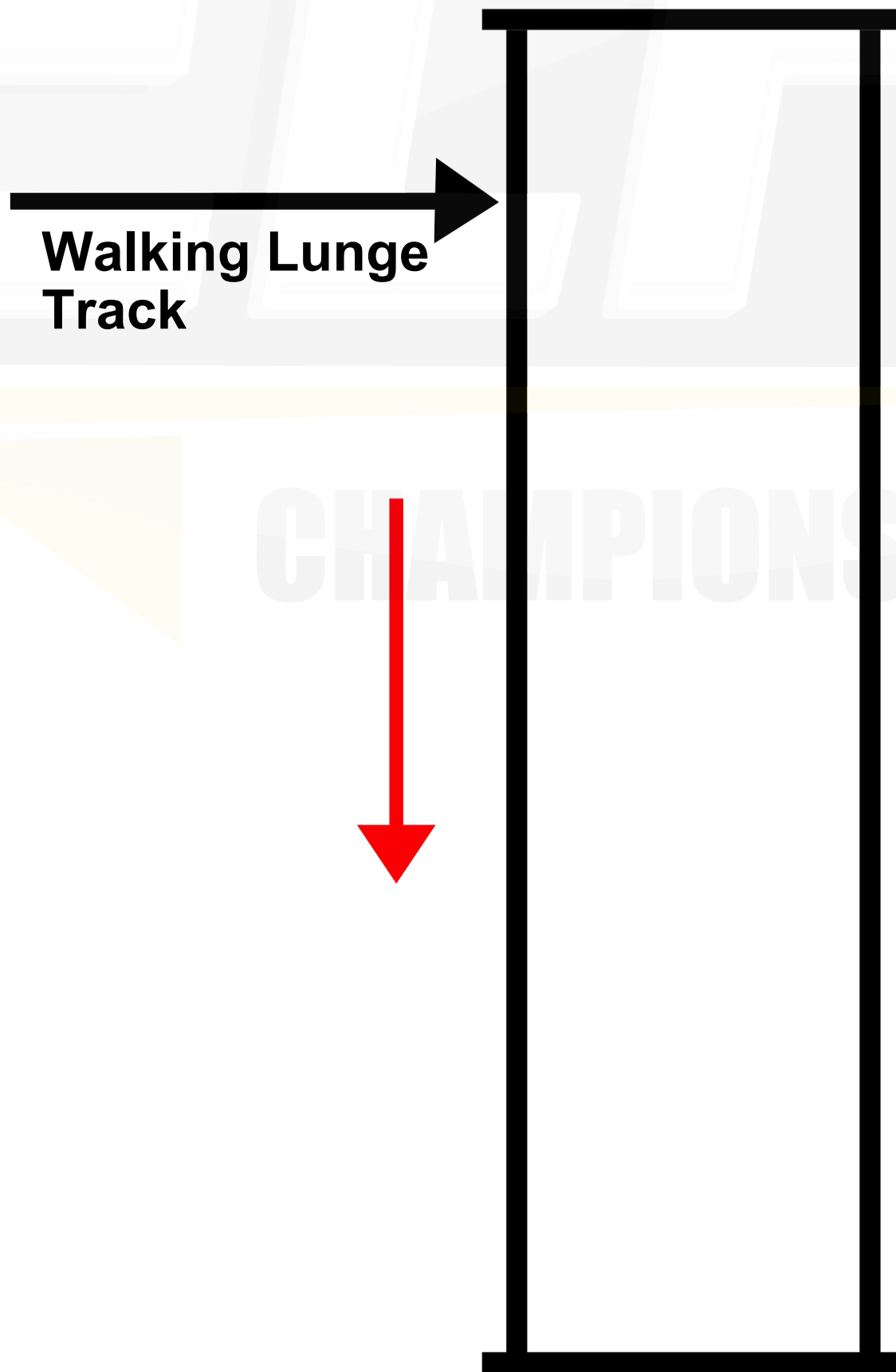
PULL UP BAR



Jump Rope



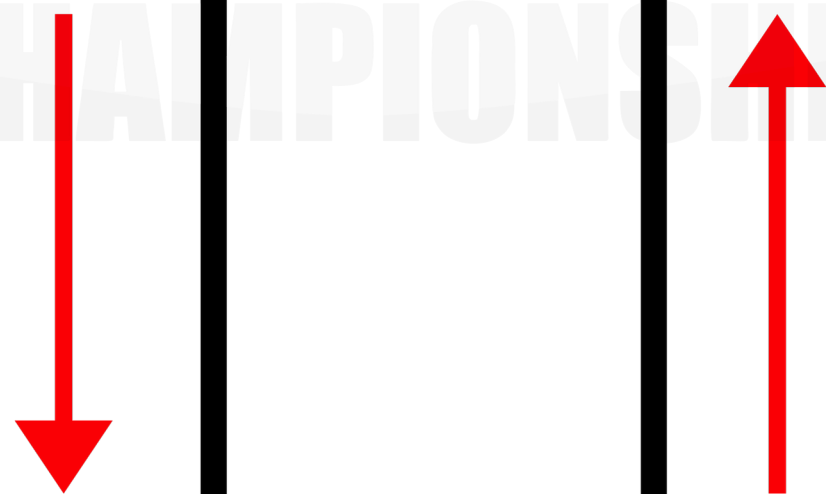
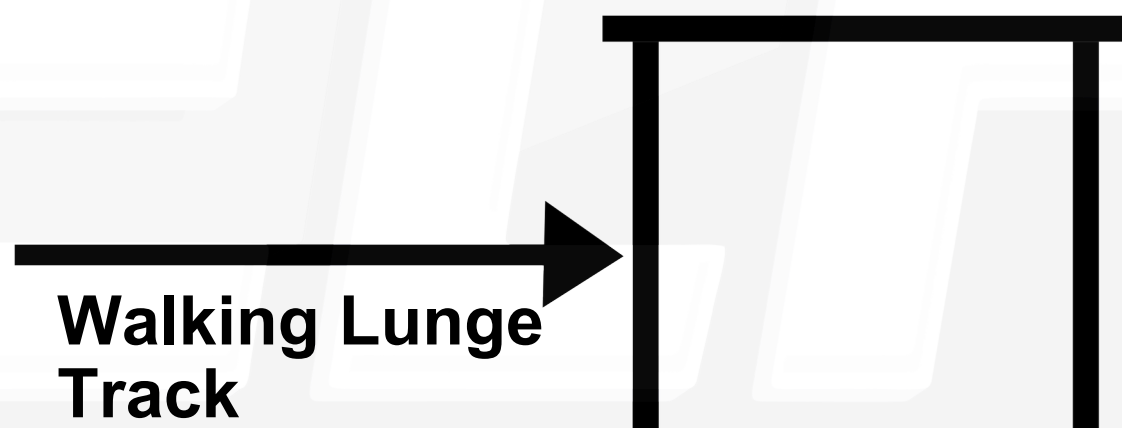
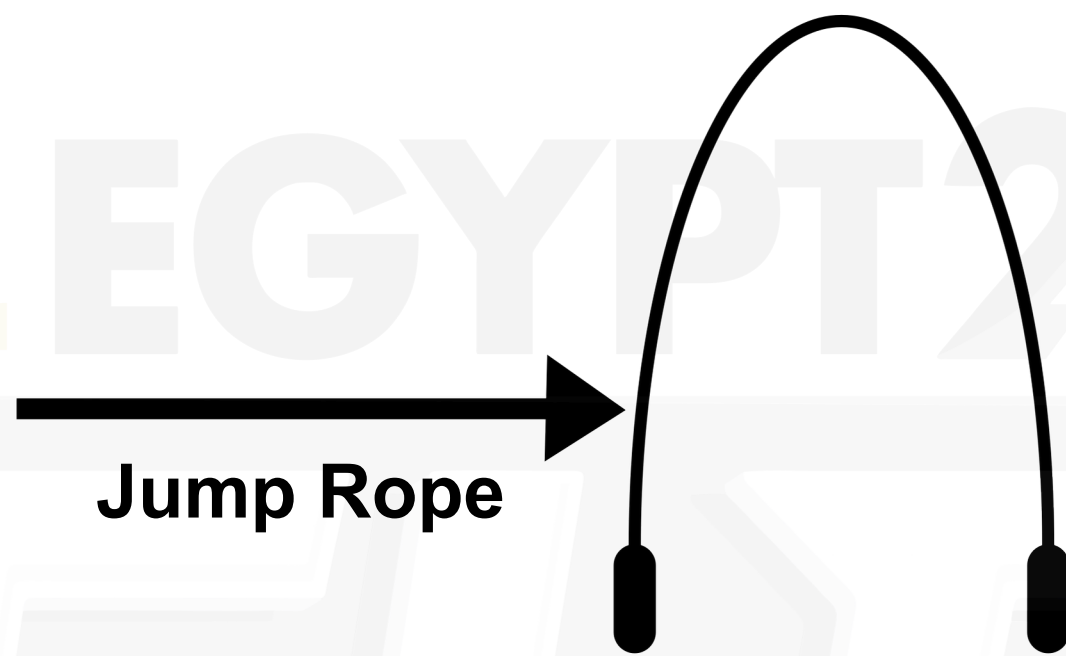
Walking Lunge
Track



5m

CAMERA VIEW 





5m



CAMERA VIEW



ELITE

For Time

-100 Double Unders
-25 Toes to Bar
-30m Double Dumbbells
Farmer Carry Walking Lunges

-100 Double Unders
-25 Toes to Bar
-20m Double Dumbbells
Front Rack Walking Lunges

-100 Double Unders
-25 Toes to Bar
-10m Double Dumbbells
Over Head Walking Lunges

Dumbbells 2x22.5Kgs - 2x15Kgs

Time Cap 12 mins

Round 1	
100 Double Unders	100
25 Toes to Bar	125
30m Farmer Carry Walking Lunges	130 135 140 145 150 155

Tie Break

Round 2	
100 Double Unders	255
25 Toes to Bar	280
20m Front Rack Walking Lunges	285 290 295 300

Tie Break

Round 3	
100 Double Unders	400
25 Toes to Bar	425
10m Over Head Walking Lunges	430 435

Time:.....

Total Reps:

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test.

Athlete Signature

Event Organized by



INTERMEDIATE

For Time

-75 Double Unders
-18 Toes to Bar
-30m Double Dumbbells
Farmer Carry Walking Lunges

-75 Double Unders
-18 Toes to Bar
-20m Double Dumbbells
Front Rack Walking Lunges

-75 Double Unders
-18 Toes to Bar
-10m Double Dumbbells
Over Head Walking Lunges

Dumbbells 2x22.5Kgs - 2x15Kgs

Time Cap 12 mins

Round 1						
75 Double Unders						75
18 Toes to Bar						93
30m Farmer Carry Walking Lunges	98	103	108	113	118	123

Tie Break

Round 2			
75 Double Unders			198
18 Toes to Bar			216
20m Front Rack Walking Lunges	221	226	231 236

Tie Break

Round 3		
75 Double Unders		311
18 Toes to Bar		329
10m Over Head Walking Lunges	334	339

Time:

Total Reps:

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test.

Athlete Signature

Event Organized by

SCALED

For Time

3 Rounds

-100 Single Unders

-25 MedBall Sit-Ups

-30m Double Dumbbells

Farmer Carry Walking Lunges

Dumbbells 2x15Kgs - 2x10Kgs

Time Cap 10 mins

Round 1							
100 Single Unders							100
25 MedBall Sit-Ups							125
30m Farmer Carry Walking Lunges							130 135 140 145 150 155

Tie Break

Round 2							
100 Single Unders							255
25 MedBall Sit-Ups							280
30m Farmer Carry Walking Lunges							285 290 295 300 305 310

Tie Break

Round 3							
100 Single Unders							410
25 MedBall Sit-Ups							435
30m Farmer Carry Walking Lunges							440 445 450 455 460 465

Time:

Total Reps:

Athlete Name: _____

Test Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

Event Organized by

VIDEO SUBMISSION

SUBMISSION STANDARDS:

- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock/timer must be visible throughout the workout.
- The clock/timer should be in the frame throughout the entire workout. Shoot the video from an angle that clearly shows all exercises and demonstrates that movement standards are met.
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.
- Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

Before starting each workout, the Athlete must do the following:

- Athlete must state their name, Judge Name and Box/facility.
- All equipment used must be clearly displayed and measured (Ropes, dumbbells , Med ball, Walking distance, ETC.)
- The Athlete, Judge, Timer, and Equipment that will be used must be visible inside the frame of the video during the whole time of the workout.
- You must make sure to read the description to be aware of details.

SCORE SUBMISSION DEADLINE:

- Please make sure to read the full workout description and submit your score in time. 25.1 scores must be submitted before Tuesday, 25th of August 2025, 11:59 GMT+3. No latecomers will be accepted, no matter the reason.
- In case of questions regarding the workouts, contact info@elfiteg.com.
- In case of questions regarding the score submission and login issues, contact support@competitioncorner.net
- All Athletes must read carefully and follow the ONLINE SUBMISSION GENERAL GUIDELINES section in the ELFIT Championship 2025 Rules Book [Here](#)

VIDEO ONLINE SUBMISSION GENERAL GUIDELINES:

- Athletes who want to qualify for ELFIT Championship 2025 must submit a valid video with their score submission via Competition Corner official event page before the announced deadline.
- ELFIT team will evaluate your video if your score is potentially in the top of the leaderboard in each Workout. ELFIT team reserves the right to correct the scores if needed.
- Videos must be uploaded on a public platform (i.e., YouTube, Vimeo, or Google Drive ...etc.), athletes will have to provide the link to the video while submitting their score.
- It is the sole responsibility of the athlete to ensure the timely and successful submission of their workout each week.
- Submissions that are incomplete or not verified will not be accepted, including but not limited to: video being available and public, wrong video submitted, wrong motions, wrong weights, ...etc.)

- Any athlete/team that feels that their video submission may be delayed due to issues with the uploading should send an email to info@elfiteg.com notifying ELFIT team of these difficulties.
- ELFIT team must receive this email notification PRIOR to the score submission deadline announced.
- Once the deadline closes athletes will not be able to adjust or resubmit any score for that event.
- ELFIT judging team holds the right to review any or all videos submitted, as part of this video review process, the athletes posted score may be accepted, modified, or invalidated without warning, and after the close of the competition.
- Athletes may complete the workouts for the online qualifier as many times as they wish and resubmit new scores until the workout submission deadline.
- Athletes submitting videos are advised to have someone strictly watching their movement to ensure each repetition meets standards, and that the camera captures the movement clearly.
- Penalties may be assessed due to an athlete not meeting the movement standard or due to improper camera angles that do not permit the judge to determine if the standard is being met.
- The athlete is responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting, and completing all the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements.
- While the ownership of the online qualifier's videos remains the athletes' right, ELFIT reserve the rights to use all the videos submitted through Competition Corner without limitation. For example, and not limited to: qualifying the athletes to the event, Marketing use on all platforms, technical briefs, training, .etc.

ONLINE SUBMISSION GENERAL GUIDELINES

DURING EACH WORKOUT, make sure that:

- Video must be taken from an angle that shows the full profile of the athlete to ensure that full motion standards are met.
- Videos **CAN NOT BE EDITED** in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- The athlete needs to be in the video at all times during the workout.
- The timer must always be in clear sight throughout the video (a tablet can be used).
- The equipment needs to be in the video at all times.
- The judge, if any, must not touch or move the equipment, except for activating the rowers display which is allowed or when there's a serious risk of injury for judge or the athlete

VIDEO QUICK TIPS:

- Videos **CAN NOT BE EDITED** in any way. The video needs to be ongoing. Cutting the video will result in immediate disqualification.
- YouTube allows uploads longer than 15 minutes.
- Upload videos with plenty of time to spare, uploading large video files can take a long time.
- If you're using a phone, set it to airplane mode to avoid unwanted interruptions during filming
- Ensure your filming device has enough battery life to film the entire WOD, and enough memory.

SCORING PENALTIES:

- Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards, the camera angle permits the judge to determine if the movement standards are being met or not and determine if there are any technical problems with the video itself.
- Videos that show a discrepancy between the score submitted and the score displayed in the video will undergo the following penalties:
- If it's a 'For Time' workout: Every no rep that is counted will add three seconds to the score.
- If it's an 'AMRAP' workout: Every no rep that is counted will be deducted from the score.

ONLINE QUALIFIERS INQUIRIES & APPEALS:

For all inquiries during ELFIT online qualifier, the following process will be used:

The competing athlete immediately notifies ELFIT Judging Team at info@elfiteg.com about the results in question by relating their name and reason for protest. Please note, inquiries will be answered in the order they are received. Scoring protests/appeals made by anonymous individuals regarding another athlete's performance will not be accepted.

ELFIT staff and athletes will communicate to fact find and define the issue in protest.

Meeting submission requirements and deadlines is the responsibility of the athlete.

For all Appeals ELFIT Team will be sending an email to all athletes after the deadline submission with the appealing process.

EGYPT 2025

ELFIT

CHAMPIONSHIP