

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
TOWER BARRACKS FUNCTIONAL FITNESS OPEN 2020
14 – 28 August 2020**

1. **REFERENCES:**
 - a. AER 215-1 Morale, Welfare, and Recreation in Europe (17 June 2019)
2. **WHAT:**

Tower Barracks Functional Fitness Open 2020
3. **WHEN:**

14 – 28 August 2020
4. **WHERE:**

Online Participation
5. **ENTRIES:**

Individual Participants, Male/Female
6. **REGISTRATION:**
 - a. Register by filling out the registration form at www.grafenwoehr.armymwr.com or download the form and email it to: usarmy.bavaria.id-europe.list.fitness-programs@mail.mil
 - b. Registration deadline is **7 August 2020**
7. **ELIGIBILITY:**
 - a. Open to all US ID cardholders in the Grafenwoehr (Tower Barracks) and Vilseck (Rose Barracks) communities.
 - b. Must be 18 years or older to participate. Not in high school or registered in a CYS program.
 - c. Individuals who have no current physical limitations, free of communicable diseases, and cleared for high-intensity physical activities.
8. **EVENT FORMAT:**
 - a. Participants will submit a video recording of the whole workout starting from the equipment being used (plates, barbells, dumbbells, etc.) to verify and ensure fairness . Video must clearly show participant conducting the exercise for better scoring.
 - b. If using either Tower Barracks or Jesse L. Williams fitness centers to conduct the challenge, participants are required to wear masks throughout the whole exercise per current guidelines.
 - c. Equipment will be made available so exercises may be conducted outside (weather-permitting) the fitness center in both Tower Barracks and Rose Barracks. Equipment will be placed in a designated container for participant access.

Participants must notify staff before using equipment and must follow sanitation and social distancing rules throughout the workout per COVID-19 policies.

c. This is an AMRAP for Time event (As Many Reps as Possible) consisting of multiple high-intensity exercises to push the boundaries of individual fitness, drive, and motivation.

b. There will be Rx (prescribed) and Scaled Divisions, each with Male and Female participants.

9. **EQUIPMENT:**

1ea. Standard 45lb Barbell
1ea. Standard 35lb “Bella Bar” Barbell
2ea. 35lb. plates
2ea. 25lb. plates
4ea. 10lb. plates
2ea. 5lb. plates
4ea. Collars
1ea. Push Cart (storage)

10. **APPAREL:**

a. Proper athletic clothing wear and shoes
b. Weightlifting belt is authorized
c. Wrist wraps are authorized. (NO LIFTING STRAPS)

11. **AWARDS:**

Frist 200 registered participants that correctly complete and submit their video will be notified of where and when to pick up their commemorative T-shirt. T-shirt sizes are not guaranteed

12. **WORKOUT:**

AMRAP

10 Minutes

5 BB Ground-to-Overhead

5 Burpee Facing Barbell

20 Air Squats

Rx: W 65 lbs.
 M 105 lbs.
Scaled: W 55 lbs.
 M 90 lbs.

13. **CHALLENGE**
POC:

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