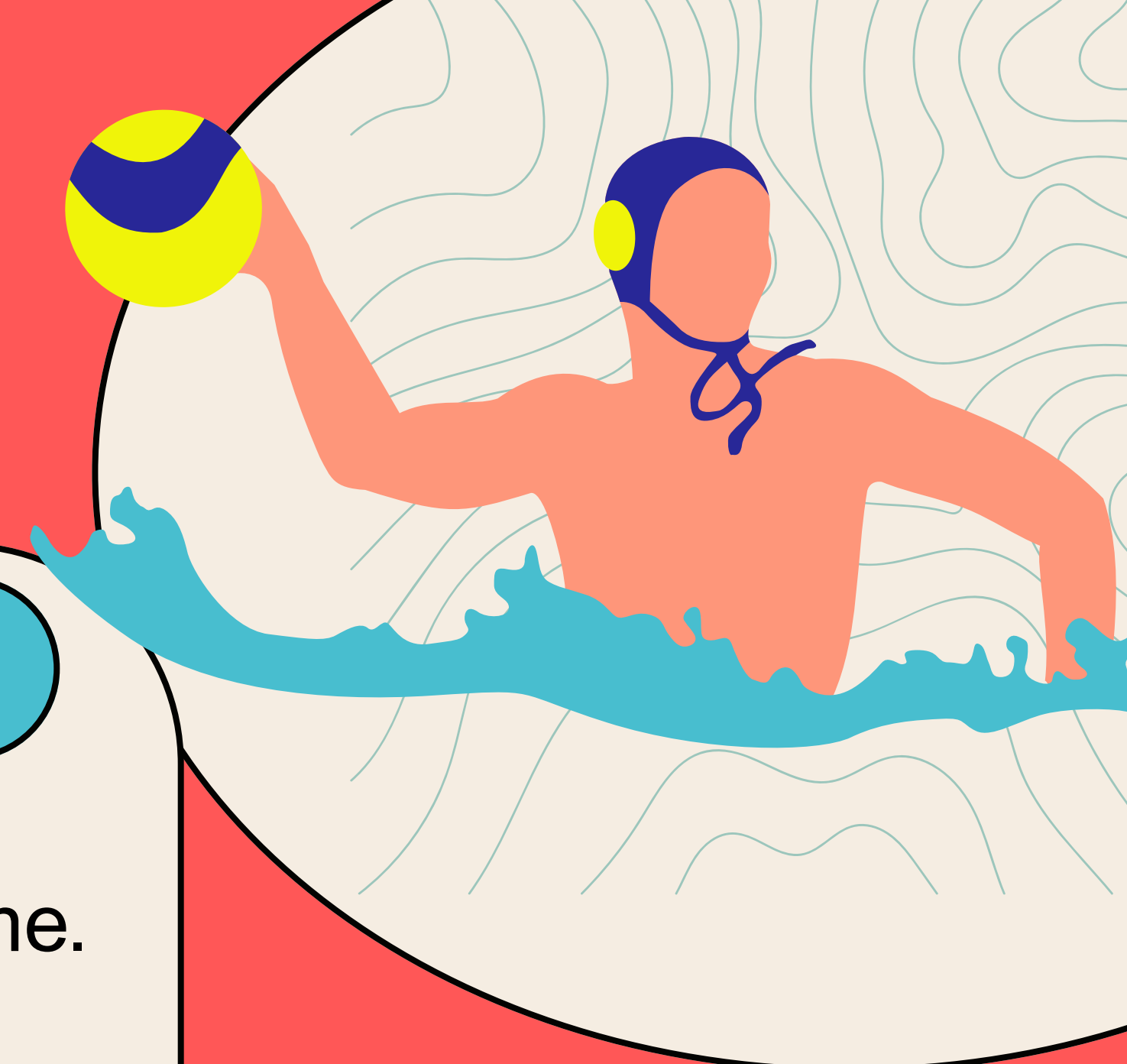


4TH CHALLENGE

Week 4: Friday, October 10th 2025



MAN DOWN MOVEMENTS

[Click Here to Watch an Example Video](#)

Complete the following set of tasks in the shortest possible time.
You will need markers on the walls to set a box 4m x 2.5m

Extra Man Blocking Line - 6 Times: Push the wall with 2 hands → Over the hips to face opposite wall into blocking position → Switch Blocking arms to square to the wall. → Move forward until 4m mark → Slide backwards to initial position (keep eyes out - use only breaststroke kicks to get to the wall - no swim) → Repeat x6 (alternate sides for every turn and every slide)

25m: Sprint to half (12.5m) and back, head up swim, max speed

Extra Man Blocking Triangle - 6 Times : Push the wall with 2 hands → Side block moving sideways (laterally) until 4m mark → Switch Blocking Arms and move forward 2.5m → Slide diagonally backwards to the wall to initial position (keep eyes out - multiple kicks if needed - no swim) → repeat (3 reps each side)

How to keep score

Time in Seconds
[s]

Online Form to Submit Your Score
<https://cr.anemoss.eu/challenges>