

Reps For Rescue – FIRE vs POLICE

Circuit Competition Instructions

Overview: In this fitness competition, teams will participate in an AMRAP (As Many Reps as Possible) Circuit. The circuit will consist of four exercises over four rounds. Each round lasts 10 minutes, with teams completing as many reps as possible of the selected exercise in that time. The exercises for each round are Burpees, Push-ups, Sit-ups, and Air Squats.

HOW IT WORKS:

1. **Teams:** Each team (2-4 people) will remain in one area for the entire competition. Teams will rotate to the next selected exercise when time is called. The Competition Leader will signal to end each round and then again to begin the next round.
2. **Exercise Rotation:**
 - **Round 1:** Burpees
 - **Round 2:** Push-ups
 - **Round 3:** Sit-ups
 - **Round 4:** Air Squats
3. **Reps Per Turn:** During each round, team members will take turns doing **10 reps** of the selected exercise. *Reps must be completed with proper form to count.*
 - For example, one team member does 10 burpees, then the next team member will immediately begin their set of 10 burpees, and so on. If one of the team members can not finish their set of 10, the next team member can finish the set for them and then do their own set. *This is the only situation in which one person can do more than 10 reps in a row.*
4. **Team Tracking:** Teams will keep a collective count of how many reps they complete within each 10-minute round. The goal is for the team to complete as many reps as possible in each round. Each team will have a scorecard where tallies of 10 can be recorded and totaled.

SCORING:

- At the **end of each round** (Burpees, Push-ups, Sit-ups, Air-Squats), teams will be given a TWO minute break to total their tallies and record the total number of reps for that exercise on their scorecard. At the end of all four rounds, the scorecard will be given to the Competition Leader.
- **Winning Individual Team:** The individual team with the highest total number of reps across all four rounds will be the department champions and receive medals!
- **The Competition Leader** will record the grand total of reps from all teams in your department. Then submit scores to SportsAgainstTrafficking@ourrescue.org for the **FIRE vs POLICE Competition**. All scores and donations must be submitted by midnight on the last day of the competition month. **Price to participate is \$25/person.**
 - Each rep = 1pt | Each \$ = 1pt
- **A Traveling Trophy** will be awarded and presented to the department with the highest overall rep count from the winning side!

Remember: This competition is not just about strength—it's about teamwork, endurance, and collective effort. Give it your all for each round, and let's push towards raising awareness for the fight against human trafficking!