

The BIG Wear Red HOME WORKOUT



This is an individual workout; you will be working on your own to complete all of the repetitions in the workout. The workout consists of bodyweight exercises that can be completed at home without the need for equipment or machines.

Beginners Workout

Score is time taken to complete all repetitions.

- 100 Air Squats** 100 people on average per month are diagnosed with breast cancer.
- 80 Press Ups** 80 people attended Velindre in August to be treated for lung cancer.
- 60 Lunges** 60 people were referred to Velindre in August for colorectal cancer.
- 40 Sit Ups** Over the last 40 years cancer services have doubled.
- 20 Burpees** There were 20 patients treated at Velindre in March for Leukaemia / Lymphoma.

Advanced Workout

Score is time taken to complete all repetitions.

- 100 Air Squats** 100 people on average per month are diagnosed with breast cancer.
- 80 Press Ups** 80 people attended Velindre in August to be treated for lung cancer.
- 60 Lunges** 60 people were referred to Velindre in August for colorectal cancer.
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- 20 Burpees** There were 20 patients treated at Velindre in March for Leukaemia / Lymphoma.
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- 100 Air Squats** 100 people on average per month are diagnosed with breast cancer.

The BIG Wear Red

GYM WORKOUT



This workout is designed to be completed in a You Go I Go (YGIG) and Synchronised (SYNCHRO) style between 3 people. The workout consists of movements carried out using bodyweight, machines and equipment.

There are elements of this workout that will require you work as a team and individually towards the teams' total repetitions. The goal is to complete all of the repetitions as quickly as you can in your team of 3.

Equipment

Kettlebell (10k male / 6k female beginner 18k/14k advanced)

Dumbbell (2 x 10k male / 5k female beginner 15k/10k advanced. Barbells can be used also)

Bike (records metres)

The Workout

Score is time taken to complete all repetitions.

1222m on bike YGIG

1222 appointments for breast cancer at Velindre last year

41 SYNCHRO Sit Ups

41 people were treated at Velindre in March for Head / Neck cancer

28 SYNCHRO Kettlebell Swings

28 referrals were made to Velindre in April for skin cancer

58 SYNCHRO Shoulder Press

58% of people now survive their cancer diagnosis for 5 years or more

637m on bike YGIG

There were 637 referrals to Velindre last year for lung cancer

98 SYNCHRO Air Squats

98 people on average per month are diagnosed with a urological cancer

68 SYNCHRO Kettlebell Lunges

68 people on average per month treated at Velindre for Head / Neck cancer

40 SYNCHRO KB Russian Twists

Over the last 40 years cancer services have doubled

1406m on bike YGIG

1406 attended Velindre in April to be treated for lung cancer

The BIG Wear Red CROSSFIT



The 2023 Crossfit Workout

Repeat X2 Times

Exercise	Total Reps	Explanation Of Numbers
Pairs workout - YGIG apart from AMSUs	N/A	1 in 2 people in Wales will suffer some form of cancer in their lifetime
1,956m Row Buy in	1956	Velindre opened in 1956
50 HOG Press Ups	100	Average number of people diagnosed with breast cancer on a monthly basis at Velindre = 100
293 Single unders	586	58.5% of people survive their cancer diagnosis for 5 years or more
16 Burpee Box Overs	32	Average number of people diagnosed with gynaecological cancer on a monthly basis at Velindre = 32
20 Synchro Ab Mat Sit Ups	40	Over the last 40 years cancer survival rates across the UK have doubled
22 Barbell Shoulder to Overhead	44	Average number of people diagnosed with upper gastrointestinal cancer on a monthly basis at Velindre = 44
36 DB Goblet hold forward lunges	72	Average number of people diagnosed with colorectal cancer on a monthly basis at Velindre = 72
98 Air Squats	196	19,600 people are diagnosed with cancer in wales every year
98 Cals Assault Bike Buy out	98	Average number of people diagnosed with urological on a monthly basis at Velindre = 98

Weights / Measures	Scaled	Rx	Rx+
16 Burpee Box Overs	20" / Plate step	24" / 20"	24" / 20" (must jump onto box)
22 Barbell Shoulder to Overhead	35kg / 20kg	50kg / 35kg	70kg / 45kg
36 DB Goblet hold forward lunges	15kg / 10kg	22.5kg / 15kg	27.5kg / 17.5kg

Rx+ - air squats are synchro



Time your workout and **SHARE** your scores with your club for the chance of winning a Velindre medal.



Change up the workout to suit beginner, intermediate and advanced members:



Beginner:

Repeat X2 Times

Exercise	Total Reps	Scaled (Scaling Options)
1,956m Row Buy in	1956	All difficulty levels complete the 1,956m row
50 HOG Press Ups	100	Press ups from the knees, wall press
293 Single unders	586	Plate hops or 'single' penguin jumps
16 Burpee Box Overs	32	Burpees may be scaled to down ups of removed entirely, box may be stepped over
20 Synchro Ab Mat Sit Ups	40	May use plate to support momentum and reduce range of movement
22 Barbell Shoulder to Overhead	44	Any weight that is comfortable for the participant to complete the required repetitions
36 DB Goblet hold forward lunges	72	Any weight that is comfortable for the participant to complete the required repetitions
98 Air Squats	196	Scaled participants squat to a depth that is achievable for them
98 Cals Assault Bike Buy out	98	All difficulty levels complete the 98 calories

Intermediate:

Repeat X2 Times

Exercise	Total Reps	Rx
1,956m Row Buy in	1956	All difficulty levels complete the 1,956m row
50 HOG Press Ups	100	HOG Press Ups
293 Single unders	586	Single Unders
16 Burpee Box Overs	32	May 'step' burpee but must jump box
20 Synchro Ab Mat Sit Ups	40	Full AMSU
22 Barbell Shoulder to Overhead	44	50kg male / 35kg Female
36 DB Goblet hold forward lunges	72	22.5kg male / 15kg Female
98 Air Squats	196	Rx and Rx+ must reach required depth (hip crease below knee)
98 Cals Assault Bike Buy out	98	All difficulty levels complete the 98 calories

Advanced:

Repeat X2 Times

Exercise	Total Reps	Rx+
1,956m Row Buy in	1956	All difficulty levels complete the 1,956m row
50 HOG Press Ups	100	HOG Press Ups
293 Single unders	586	Single Unders
16 Burpee Box Overs	32	Must jump both the burpee and the box
20 Synchro Ab Mat Sit Ups	40	Full AMSU
22 Barbell Shoulder to Overhead	44	70kg male / 45kg Female
36 DB Goblet hold forward lunges	72	27.5kg male / 17.5kg Female
98 Air Squats	196	Rx and Rx+ must reach required depth (hip crease below knee) Rx+ participants must do the air squats in 'synchro' meaning each participant will complete 98 air squats each round
98 Cals Assault Bike Buy out	98	All difficulty levels complete the 98 calories

CROSSFIT Trainer's Notes

Glossary Of Terms

- Scaled** Adaptations to the workout designed to facilitate increased participation by those that may not be able to complete the workout in its original design. Anyone can get involved in this workout.
- Rx** Means 'as prescribed' – the core basis of the workout. A challenge for regular gym goers or those involved in functional fitness / CrossFit.
- Rx+** A more challenging version of the workout for people that really want to challenge themselves.

What do the numbers mean?

1,956m row buy in – Velindre opened its doors in 1956

100 Hands Off Ground Press Ups (2 rounds of 50) – 100 people on average diagnosed with breast cancer on a monthly basis in Velindre.

586 Single Under Skips (2 rounds of 293) – 58.5% of people now survive their cancer diagnosis for 5 years or more.

32 Burpee Box Overs (2 rounds of 16) – 32 people on average diagnosed with gynaecological cancer on a monthly basis in Velindre.

40 Synchro Ab Mat Sit Ups (2 rounds of 20) – Over the last 40 years, cancer survival rates across the UK have doubled.

44 Barbell Shoulder to Overhead (2 rounds of 22) - 44 people on average diagnosed with upper gastrointestinal cancer on a monthly basis in Velindre.

72 Dumb-bell Goblet Hold Forward Lunges (2 rounds of 36) - 72 people on average diagnosed with colorectal cancer on a monthly basis in Velindre.

196 Air Squats (2 rounds of 98) – 19,600 people are diagnosed with cancer in Wales every year.

98 Calorie Assault bike buy out - 98 people on average diagnosed with urological cancer on a monthly basis in Velindre.

2 Rounds and partner workout structure - 1 in 2 people in Wales will suffer some form of cancer in their lifetime.

CROSSFIT Trainer's Notes

The Workout

This is a 'pairs' workout, you'll work with a partner to complete the workout and all of the repetitions are split between you and your partner apart from the ab mat sit-ups that are done in a synchronised manner. This is representative of the fact that 1 in 2 people will suffer some form of cancer in their lifetime.

The workout starts with a 'buy in', you and your partner will row 1,956m between you.

After completing the row, you and your partner will complete 2 rounds of the following:

50 Hands off ground press ups – in the bottom position of each press up you must lie with your chest on the floor and raise both hands off the floor before starting the next repetition. Repetitions are split between you and your partner.

293 single unders – normal skipping where the rope passes under your feet once with each jump. Repetitions are split between you and your partner.

16 burpee box overs – you will complete a burpee before making your way over the box to complete your next burpee on the other side of it. Repetitions are split between you and your partner.

20 synchro ab mat sit ups – using an ab mat to protect your lower back, you and your partner will do 20 sit ups in time with each other.

22 Barbell shoulder to over head – starting with a barbell on your shoulders in front of your head, you can use a shoulder press, a push press, a jerk or a split jerk to take the barbell to a fully extended arm position above the head. Repetitions are split between you and your partner.

36 Dumb-bell Goblet hold forward lunges – holding one head of the dumb-bell at chest height with two hands, you will step forward into a lunge position with your front leg bending 90 degrees at the hip and the knee, with the rear knee making contact with the floor, before pushing off the front leg back to an upright standing position. Repetitions are split between you and your partner.

98 Air squats – a bodyweight squat where both legs are bent at the same time taking the hip crease in line with or slightly below the level of the knees. Repetitions are split between you and your partner.

After completing the air squats, the partners will return to the 50 Hands off ground press ups and complete a second round of the circuit.

Once the second round is completed, partners will complete 98 calories on an Assault Bike. If your gym doesn't have an Assault Bike or an Echo bike, use any cardio equipment that will allow you to measure the 98 calories. Repetitions are split between you and your partner.