



Make space to move with the
IKEA HEJ-FIT challenge



**MOVEMENT
STANDARDS**



Rules & Gameplay



IKEA
HEJ-FIT
CHALLENGE

1. Complete all workout events in a circuit format. Start at your assigned event and rotate to the next until all events are completed.
For e.g.: Event 1 to Event 2 to Event 3 until the team completes all five events. If the team starts at Event 4, you will move to Event 5 next and then back to Event 1.
2. Upon completion of each event, the judges will record the team's timing on the official scoresheet. The timing must be verified and signed by both the judges and one team representative. Once signed, the timing is considered final, and no discrepancies or appeals regarding that station will be accepted.
3. Uncompleted Events will result in a DNF (Did Not Finish) for that event.
Teams that receive a DNF at any one of the five events will not be eligible for the prize.

Teams will still be allowed to complete the other events.
4. Complete the prescribed number of repetitions and/or distances with the correct movement standard at each event.
5. Both team members are to stay together at all times.
6. There will be no time penalties for no reps. However, executing a no-rep means that repetition does not count towards the prescribed targets. Team members must repeat the movement until it meets the correct movement standard.
7. In any case of discrepancy, Ikano Pte Ltd, This Is Anagram Pte Ltd (the event organiser) and/or the individual judge will have the final say.
8. There will be no formal workout demonstrations on the day.
It is the responsibility of the teams to understand and familiarise themselves with the workouts and movement standards prior to entering the challenge arena. Please look for the Judge(s) prior to the workout time to clarify if there are any questions.



Overview



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CHALLENGE

Event number	Repetition/ Distance
1	1000m on Ski Ergs 100 repetitions of 20kg KUGGIS Box Rows
2	1000m on Row Ergs 50 repetitions of 20kg LOHALS Synchro Reverse Lunges
3	1000m Run 50 repetitions of 10kg HUGAD Thrusters
4	50 repetitions of Burpees over the line 100 repetitions of BLÅHAJ Throw over BROR Shelf
5	120m of 15kg FRAKTA Carry (each side) 100kg VOLVO Load



Event 1



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1000m Ski Ergs

- Judges will reset all Ski machines and the damper will be set at 4. No changing of damper setting is allowed.
- The working member must have both feet on the platform at all times during the exercise.
- Team mates are not allowed to pass the ski handles to one another when switching turns.
- Team members can switch roles and become the working member at any point.
- Judges will give the go ahead for teams to move on once the 1000m is completed.

100 reps KUGGIS Box Rows

- Each repetition begins with only one team member holding onto the box with both hands and the box lifted with the member's arms fully extended towards the floor.
- The working member must then pull the box towards their torso until it makes clear contact with the lower chest or upper abdomen.
- The box must then be lowered under control until the arms are fully extended before beginning the next repetition.
- The working member may maintain any bent-over body position, provided the movement standards are met.
- Team members can switch roles and become the working member at any point.
- As soon as the team completes the 100 repetitions, this challenge is complete and the judge will stop the timer.

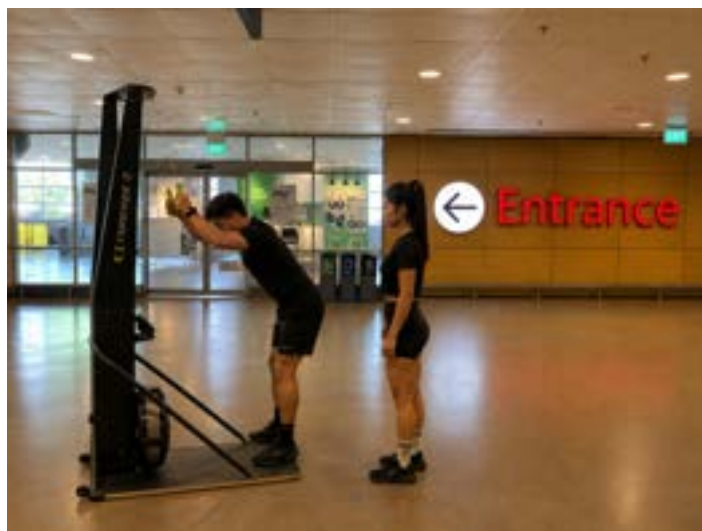
A repetition will not count if:

- The box does not make clear contact with the lower chest or upper abdomen.
- The working member fails to reach full arm extension at the bottom of the repetition.

Event 1



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CHALLENGE



Ski Ergs reference image



KUGGIS Box Rows reference images

*Reference images are for illustration purposes only. Actual product used may differ from images.

Event 2



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1000m Row Ergs

- Judges will reset all Row machines and the damper will be set at 4. No changing of damper setting is allowed.
- The working member must have both feet strapped in at all times during the exercise.
- Team mates are not allowed to pass each other the handles directly or adjust the footstraps for each other.
- Team members can switch roles and become the working member at any point.
- Judges will give the go ahead for teams to move on once the 1000m is completed.

50 reps LOHALS Synchro Reverse Lunges

- This workout is a synchronised workout.
- Both members will begin by standing with hips and knees fully extended, rug to be racked on their shoulders.
- Once ready, both members will take a step one foot backward into a reverse lunge simultaneously.
- The back knee must clearly touch (or lightly contact) the ground.
- The point of synchronisation is at the bottom of the rep, where the knee touches the floor.
- The front heel must remain in contact with the floor.
- Drive through the front foot to return to full standing.
- Team members may alternate legs or complete all reps on one side unless otherwise specified.
- Team members are allowed to put down the rug to rest and re-rack the rug on their shoulders when they are ready to continue.
- As soon as the team completes the 50 repetitions, this challenge is complete and the judge will stop the timer.

A repetition will not count if:

- Back knee does not touch the ground.
- Team members fail to reach full hip and knee extension at the top.
- Team members are significantly out of sync.

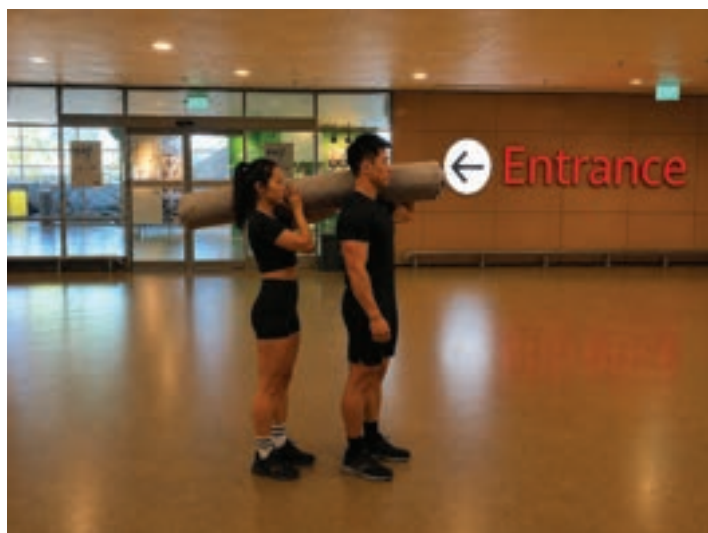
Event 2



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CHALLENGE



Row Ergs reference image



LOHALS Synchro Reverse Lunges reference images

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Event 3



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1000m Run

- Judges will reset all running machines.
- There will only be one working member at all times.
- The working member can choose the speed to run at.
- Team members can switch roles and become the working member at any point.
- The working member must fully be off the machine before the team member takes over.
- Judges will give the go ahead for teams to move on once the 1000m is completed.

50 reps HUGAD Thrusters

- The working member will begin with the rod in the front rack position.
- Each repetition starts with the working member lowering into a squat until the hip crease is clearly below the top of the knee.
- In one continuous movement, the working member will stand from the squat and drive the rod overhead to full extension.
- At the top of the repetition, the working member must demonstrate control with his/her hips, knees and elbows fully locked out whilst still holding on to the rod.
- Team members can switch roles and become the working member at any point.
- As soon as the team completes the 50 repetitions, this challenge is complete and the judge will stop the timer.

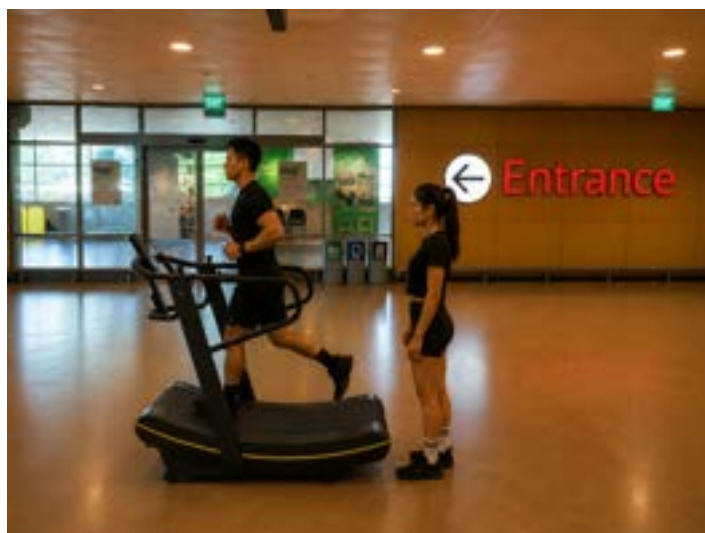
A repetition will not count if:

- The hip crease does not descend below the top of the knee.
- The working member fails to reach full extension of the hips or knees before at the top of the repetition.
- The elbows are not fully locked out overhead.
- The working member presses the rod overhead without completing a full squat.

Event 3



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Run reference image



HUGAD Thruster reference images

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Event 4



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50 reps Burpees over the line

- Each repetition starts with a full chest to ground burpee on one side of the line.
- Teams can choose to step in/step out of the burpee.
- At the completion of the burpee, the working member can step or jump over the line.
- Both feet must make contact with the ground on the opposite side before beginning the next repetition.
- A repetition is complete when the full burpee has been performed and both feet have touched the ground on the opposite side of the line.
- Team members can switch roles and become the working member at any point.
- Judges will give the go ahead of teams to move on once the team completes the 50 repetitions.

A repetition will not count if:

- The chest does not touch the floor.
- Both feet do not make contact with the ground on the opposite side before beginning the next repetition.
- Team members switch out before crossing the line.

100 reps BLÅHAJ Throw over BROR Shelf

- Each team member will stand facing the BROR Shelf opposite of each other.
- The first member will pick up the BLÅHAJ shark soft toy.
- To start the movement, the member holding the BLÅHAJ shark soft toy must go into a full squat, with the hip crease clearly below the top of the knee, then stand and throw the shark over the shelf so that it completely clears the shelf.
- The member on the other side will have to catch the BLÅHAJ shark soft toy and repeat the movement with a squat, stand and a throw.
- As soon as the team completes 100 repetitions, this challenge is complete and the judge will stop the timer.

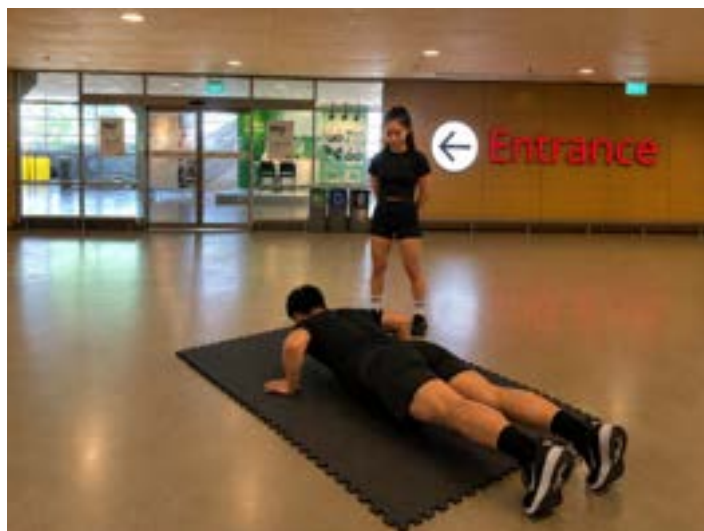
A repetition will not count if:

- The hip crease does not descend below the top of the knee during the squat.
- The BLÅHAJ shark soft toy lands on the shelf and does not fall towards the working team member.
- The BLÅHAJ shark soft toy contacts the shelf and falls back onto the same side.
- The working member throws the shark around the shelf instead of over it

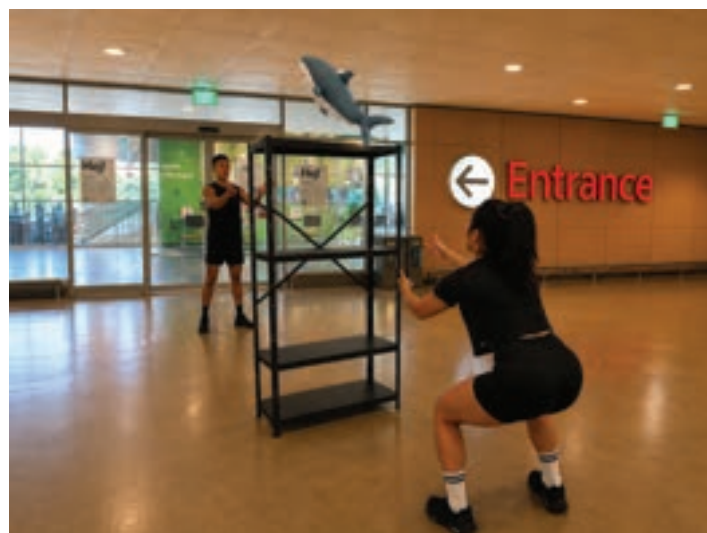
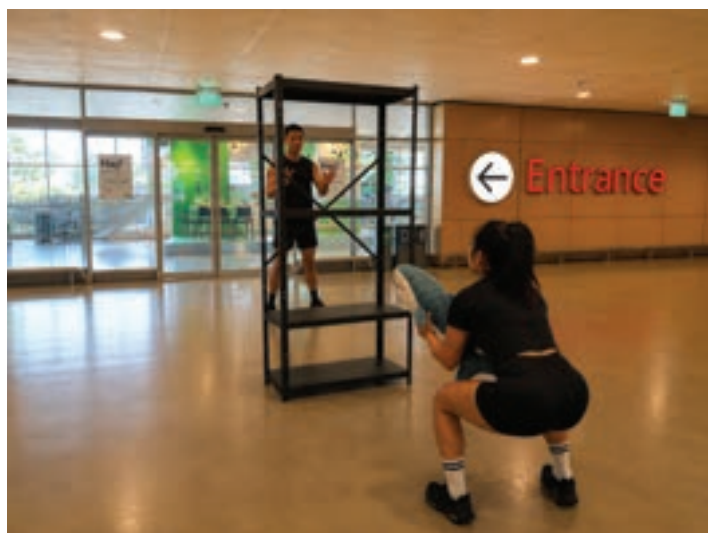
Event 4



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Burpee reference image



BLÅHAJ Throw over BROR Shelf reference images

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Event 5



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120m FRAKTA Carry

- FRAKTA Carry begins upon the removal of the FRAKTA bags from the marked box and is completed once the bags are returned neatly to the marked box.
- The working member must carry both FRAKTA bags under control and remain within the marked lane at all times.
- FRAKTA bags must be carried with both hands extended by the working member's side.
- The working member may set it down safely, regain control, and continue from the point where it was set down.
- To switch team members, the working member must set down the bags safely and step out of the way before the second member can step in to pick up the bags and continue the route.
- The non-working team member must stay closely behind the working team member throughout the 120m.
- Team members can switch roles and become the working member at any point.
- Judges will give the go ahead of teams to move on once the full distance of 120m is completed as a team.

A repetition will not count if:

- The working member receives assistance from others.
- The working member places the FRAKTA bag on their arms / elbows.
- The working members hand the bags over to the non-working member instead of placing it on the floor to transition.

100kg VOLVO Load

- Team members are allowed to do this challenge together as a pair.
- There is no limit on how many MALM flatpacks teams can carry at a time from the loading/unloading zone and place it completely inside the boot of the VOLVO car.
- Once all MALM Flatpacks have been successfully loaded, the team must ensure that the boot can be fully closed without using excessive force.
- The team will then unload the MALM flatpacks, place back to the designated loading/unloading zone.
- As soon as the team completes the loading and unloading of 6 MALM flatpacks, this challenge is complete and the judge will stop the timer.

A repetition will not count if:

- The item is dropped outside the designated loading/unloading zone.
- Any part of the item remains outside the marked loading/unloading zone.
- The team throws, slides, or pushes the item into position instead of placing it under control.
- The team fails to return every item.

Event 5



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FRAKTA Carry reference image



VOLVO Load reference images

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**See you at the
start line!**

