



ULTIMATE
TIPS FOR THE
EVENT

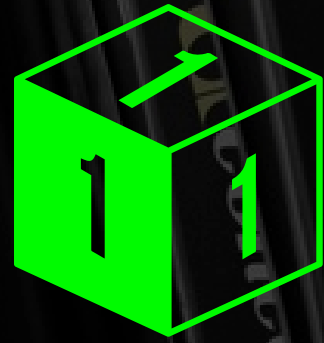


FLATOUT HAS PARTNERED WITH SAXON AIR. THEY HAVE WELCOMED US ALL TO THEIR PRIVATE AIR HANGAR, THIS IS USED 99.9% OF THE TIME TO STORE EXPENSIVE AND UNIQUE AEROPLANES AND HELICOPTERS.

IT IS TRULY A UNIQUE VENUE.

IT IS WORTH NOTING, WE ARE NEXT TO A LIVE AIRPORT. WE WILL SEE JETS AND HELIS TAKE OFF ALL DAY LONG. WITH THIS IN MIND, IT WILL BE LOUD AT TIMES.

AS STUNNING AS SAXON AIR IS, IT ISN'T A PURPOSE BUILT FITNESS ARENA. WHICH MEANS WE ADHERE TO RULES YOU WOULDN'T TRADITIONALLY SEE. FOR INSTANCE, SECURITY PRESENCE AND FOD (FOREIGN OBJECT DEBRIS) - IF ITEMS GO ONTO THE RUNWAY IT MAY SHUT THE EVENT DOWN THEREFORE IT IS CRUCIAL WE ADHERE TO THOSE RULES.



SkiErg

DAMPER: This should not be any higher than 6, in some cases we suggest level 2!

PACING: Do not get carried away, this is the first zone and possibly the most toughest in terms of cardio, pace yourself, get yourself prepared for the rest of the event.

REACH: It's important to maximize your reach length. Utilise the power in the core & the hips when working through each stroke.



Goblet squat



WEIGHT: Ensure you pick up the correct weight!

FOCUS: Ensure each squat has the right depth.

PACING: You need to complete 2 squats before stepping forward, use the step as the reset to ensure you get the correct pace and depth.

POSITION: 2.5km is a fair distance you will be here for a while so ensure it's as comfortable as possible.

DAMPER: This should not be on any higher than 6, in some cases we suggest level 2!

STRETCH: Use this zone to stretch your legs after the tough start.



BIKE

RULES: Chest to floor, step forward. It's very simple really.

ENERGY: Conserve your energy, don't jump, there's no need. No need to clap. Step into the burpee, step out of it for best results.



CTF



RowErg

POSITION: 1.2km the final erg. Steady yourself and get comfortable.

DAMPER: This should not be any higher than 6, in some cases we suggest level 2!

SAXON AIR™

Innovating. Elevating. Navigating.



Farmers Carry

GRIP: The thumb grip is the best, unless you have tiny hands. Wrap your thumb around the KB first, then wrap your fingers over your thumb on the other side - gripping your thumb under your fingers.

RUN OR WALK: Up to you, but too much bouncing will affect your grip strength.

POSITION: Try to position the grip at the front of the KB, not the middle. This provides a better shape of the KB grip.

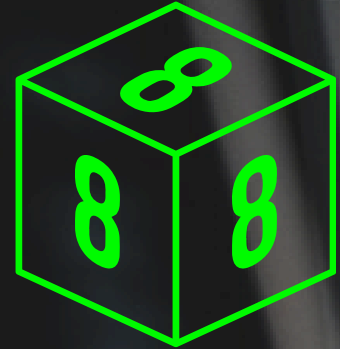


Weighted Lunge

TAP TAP: Take a tap between each lunge rather than walking straight through, this will benefit you in the end.

DISTANCE: People want this zone over with and look to over stride to do less lunges, a good strategy but this is a difficult lunge now your legs are wide apart. Less distance is more.





GTO

Bottom to Top: Tap the floor and throw over head in the most efficient and safest way possible. Let your arms fully extend and repeat.

Nearly there: Remember to finish by running outside for the very last time and go through the **SHORT CHUTE**, back inside the hangar and pass through the finish line.

Look for the finish line during the runs, don't accidentally go past this at the end!

RUNNING



500m: There's lots of twists and turns in Flatout, but there are areas when you can get to the highest speed but equally don't gas yourself here. Run/Walk or jog. We will not judge you.

Participants must be mindful of others, move for faster runners, faster runners take care when passing. Flatout is high intensity and high energy, bumps may happen but let's try and avoid it.

A woman with blonde hair and multiple tattoos on her arms is leaning on a metal bar in a gym. She is wearing a black sports bra and a yellow wristband. The background is a blurred gym with other people working out.

RECOVERY

Flatout have several recovery areas post event. Head to the event village and go seek a recovery massage, grab a drink and some food.

Don't forget to tag us in your photos

**DON'T FORGET YOUR
MEDAL AND PATCH.**

See you soon! 

