

## The Lactic Factory Tick List 2012

Take the list, do the tasks, tick em off, try harder next year.

Some tasks are required to be done 'In a Day' (IAD)

NAME: \_\_\_\_\_

- |          |                          |    |   |
|----------|--------------------------|----|---|
| Climbing | <input type="checkbox"/> | 1  | Climb a 10 at Lactic                                      |
|          | <input type="checkbox"/> | 2  | Climb a 15 at Lactic                                      |
|          | <input type="checkbox"/> | 3  | Climb a 17 at Lactic                                      |
|          | <input type="checkbox"/> | 4  | Climb a 19 at Lactic                                      |
|          | <input type="checkbox"/> | 5  | Climb a 20 at Lactic                                      |
|          | <input type="checkbox"/> | 6  | Climb 20 different problems IAD                           |
|          | <input type="checkbox"/> | 7  | Climb 50 different problems IAD                           |
|          | <input type="checkbox"/> | 8  | Do every problem of a single colour IAD                   |
|          | <input type="checkbox"/> | 9  | Do every problem in 2 colours IAD                         |
|          | <input type="checkbox"/> | 10 | Do every problem in the gym IAD                           |
| Arms     | <input type="checkbox"/> | 11 | Do a chinup on the bar or rings                           |
|          | <input type="checkbox"/> | 12 | Do 5 chinups in a row                                     |
|          | <input type="checkbox"/> | 13 | Do 20 chinups in a row (no kipping)                       |
|          | <input type="checkbox"/> | 14 | Do 100 chinups IAD (no kipping)                           |
|          | <input type="checkbox"/> | 15 | Do a muscle-up on the rings (no kipping)                  |
|          | <input type="checkbox"/> | 16 | Do 5 muscle-ups on the rings in a row (no kipping)        |
|          | <input type="checkbox"/> | 17 | Hold a one-arm lock off for 10 seconds (both arms)        |
|          | <input type="checkbox"/> | 18 | Hold a one-arm lock off for 1 min (both arms)             |
|          | <input type="checkbox"/> | 19 | Do a one arm chinup                                       |
|          | <input type="checkbox"/> | 20 | Do 5 one arm chinups in a row                             |
| Fingers  | <input type="checkbox"/> | 21 | Dead hang the second smallest campus rungs for 10 sec     |
|          | <input type="checkbox"/> | 22 | Dead hang the second smallest campus rungs for 1 min      |
|          | <input type="checkbox"/> | 23 | Dead hang the smallest campus rungs for 10 sec            |
|          | <input type="checkbox"/> | 24 | Dead hang the smallest campus rungs for 1 min             |
|          | <input type="checkbox"/> | 25 | Dead hang the smallest campus rungs for 2 min             |
| Legs     | <input type="checkbox"/> | 26 | Do 20 tuck jumps on the mat (flat out, no stopping)       |
|          | <input type="checkbox"/> | 27 | Do 50 tuck jumps on the mat (flat out, no stopping)       |
|          | <input type="checkbox"/> | 28 | Do 20 squats  |
|          | <input type="checkbox"/> | 29 | Do 50 squats  |
|          | <input type="checkbox"/> | 30 | Do a one legged squat (both legs, butt to heel)           |
|          | <input type="checkbox"/> | 31 | Do 5 one legged squats in a row (both legs, butt to heel) |
|          | <input type="checkbox"/> | 32 | Run 2.4km in 15min  |
|          | <input type="checkbox"/> | 33 | Run 2.4km in 12min  |
|          | <input type="checkbox"/> | 34 | Run 2.4km in 10min  |
|          | <input type="checkbox"/> | 35 | Run 15km  |
|          | <input type="checkbox"/> | 36 | Run a Marathon  |



Core

- 37 Do a dip on the rings (hands to arm pits)
- 38 Do 5 dips on the rings in a row (hands to arm pits)
- 39 Do 10 pushups on the rings in a row(rings set to just off the floor)
- 40 Do 25 pushups on the rings in a row(rings set to just off the floor)
- 41 Do 100 pushups on the rings IAD (rings set to just off the floor)
- 42 Do 20 situps in a row
- 43 Do 50 situps in a row
- 44 Hold a L-sit for 20sec hanging from the rings
- 45 Hold a V-sit for 20sec hanging from the rings
- 46 Do 10 leg raises to V-sit in a row hanging from the rings
- 47 Hold a front lever for 10 seconds with 1 leg in, 1 leg out
- 48 Hold a front lever for 10 seconds with both legs out

Campus Board

- 49 Do 1-2-3-4-5-6-7-8-9-10 on the Campus board (biggest rungs)
- 50 Do 1-2-3-4-5-6-7-8-9-10 on the Campus board (2nd smallest rungs)
- 51 Do 1-3-5-7-9 on the Campus board (biggest rungs)
- 52 Do 1-3-5-7-9 on the Campus board (2nd smallest rungs)
- 53 Do 1-4-7-10 on the Campus board (biggest rungs)
- 54 Do 1-4-7-10 on the Campus board (2nd smallest rungs)
- 55 Do 1-5-9 on the Campus board (any rung)
- 56 Double dyno from 1 to 3
- 57 Double dyno from 1 to 5
- 58 One hand dyno from 1 to 2