



Video Submission (UGC 30 Minutes)

Only ONE Video is to be submitted.

It must include athlete weigh-in, Kettlebell weigh-in and full 30 minute lift.

Instructions for Video

Step on weighing scale located away from any walls or benches, show a 'pan' of full body including face and finish with the recorded body weight. Replace body with the Kettlebell to be used in the lift. Walk to the platform and commence your lift.

***Please note the video MUST not stop from the commencement of your weigh-in until your 30 minute lift has been completed.**

- Video of the lift must include vision from your feet to the top of the Kettlebell in lockout.
- Shorts must be above the knee
- Short Sleeve tee shirts/tops or singlets are acceptable.
- Elbows must be visible at all times.
- Wrist guards cannot be greater than 10cm in width.
- Video needs to be submitted by Thursday 27th September
- You must be on the screen for the entire 30 mins, you must not leave the screen at any time or you will be instantly disqualified.
- The video must be from the period of this competition (13/8/18 – 27/9/18)

Videos are required to be uploaded to YouTube and the link emailed to Don Grant.

Email: kettlebellmarathonaustralia@gmail.com

Don Grant – IKMF Australian Representative