THE GOLDEN PRIMATE CIRCUIT

Circuit Rulebook · Updated Edition

The Golden Primate Circuit is a standardized fitness circuit combining strength, explosive power, muscular endurance and cardiovascular capacity. The course is fixed: every competition uses the same exercise sequence, distances, repetitions and loads, with the specified men’s and women’s variations.

CIRCUIT OVERVIEW

7 stations · 2,000 metres of running in total · fixed exercise order

STATIONS AND PERFORMANCE STANDARDS

01 · BOX JUMPS

20 repetitions · 60 cm (24 in) box

- The box height must be exactly 60 cm (24 inches).
- The athlete must jump onto the box and land with both feet on its surface.
- The athlete may step or jump down from the box in any manner.

02 · WEIGHTED PULL-UPS

20 repetitions

- Men: +20 kg additional weight. Women: +10 kg additional weight.
- Each repetition starts with the arms fully extended.
- The chin must clearly pass above the bar.
- Leg swings and kipping are not permitted.

03 · RUNNING

1,000 metres

- The course must be accurately measured and identical for all participants.
- Athletes may choose their own pace.
- Shortcuts or skipping any part of the course are not permitted.

04 · WEIGHTED PUSH-UPS

40 repetitions

- Men: 20 kg weighted vest. Women: 10 kg weighted vest.
- The body must remain aligned throughout the movement.
- The chest must touch the floor.
- The athlete must return to the starting position with the arms fully extended.

05 · FARMER'S CARRY

100 metres

- Men: 20 kg in each hand, 40 kg total. Women: 10 kg in each hand, 20 kg total.
- The athlete must carry both weights for the full distance.
- Putting the weights down during the event is not permitted.

06 · MEDICINE BALL WALL THROW

20 repetitions

- Men: 9 kg medicine ball. Women: 6 kg medicine ball.
- The athlete must throw the ball so that it hits the wall at a point higher than 3 metres above the floor.
- There is no fixed target: any point on the wall above the 3-metre height is valid.
- The athlete retrieves the ball and repeats the movement.

07 · FINAL RUNNING

1,000 metres

- The course must be accurately measured and identical for all participants.
- Athletes may choose their own pace.
- The clock stops when the athlete crosses the finish line after completing the full distance.

MEN'S AND WOMEN'S LOAD VARIATIONS

Exercise	Men	Women
Box Jumps	20 · 60 cm (24 in) box	20 · 60 cm (24 in) box
Weighted Pull-ups	20 · +20 kg	20 · +10 kg
Running	1,000 m	1,000 m
Weighted Push-ups	40 · +20 kg	40 · +10 kg
Farmer's Carry	100 m · 20 kg/hand	100 m · 10 kg/hand
Medicine Ball Wall Throw	20 · 9 kg · wall contact above 3 m	20 · 6 kg · wall contact above 3 m
Final Running	1,000 m	1,000 m

GENERAL COMPETITION RULES

- All athletes complete the same circuit in the same fixed order.
- The clock starts at the official start signal and continues during transitions and rest periods.
- There are no mandatory rest periods; each athlete manages their own breaks.
- Invalid repetitions do not count.
- Athletes may not move to the next station until the required work is complete.
- The winner is the athlete who completes the entire circuit in the fastest time while meeting all standards.

EVENT DETAILS TO STANDARDIZE

- To ensure comparable results across events, organizers must use the same box height, loads, distances and repetition-validity standards.
- For the Medicine Ball Wall Throw, the ball must hit the wall above the 3-metre height. No specific target is required. The athlete-to-wall distance and the wall area used for the throw should be standardized across events.
- Running courses must be accurately measured. The competition area and surface must also allow safe and consistent performance.
- Fixed loads require appropriate physical preparation. Organizers should establish entry criteria, supervision and safety procedures, particularly for weighted pull-ups and push-ups.

The Golden Primate Circuit is designed as a fixed and recognizable circuit. Its identity is built around essential movements, relatively simple equipment and shared standards: the sequence does not change from one competition to another.