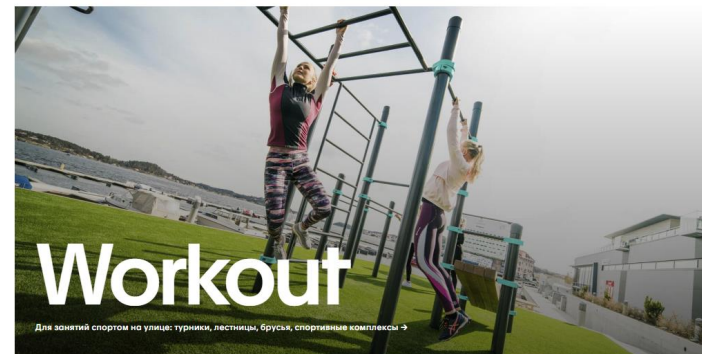


1. Главная страница
2. О нас – (история федерации, цели и статистика)
3. Контакты– (Соцсети, Телефон, почта и адрес)
4. Проведенные мероприятия – Галерея (альбомы по годам)
5. Соревнования (положения соревнований и правила)
  1. Street Workout
  2. Workout Battles
  3. Workout Records
  4. StreetLifting
6. Состав федерации
7. Сертификация тренеров
  1. Сертифицированные тренеры
8. Сертификация спортзалов
  1. Сертифицированные спортзалы
  
9. Workout Records (Текст, таблица) –Кнопка Подать заявку на рекорд  
- раздел заявки на рекорд
  
10. Workout площадки
  
11. StreetLifting (описание, видео, )

## Листающие фото 7-8 фоток



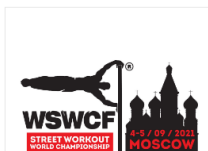
## Workout площадки



## Latest News

## Последние новости

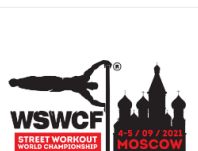
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FULL RESULTS - STREET WORKOUT POWER AND STRENGTH WORLD CHAMPIONSHIP 2021

September 6, 2021

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FULL RESULTS - WORLD FREESTYLE CHAMPIONSHIP 2021

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STREET WORKOUT WORLD CHAMPIONSHIP 2021 INFORMATION

August 30, 2021

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RESULTS - KENGURU PRO SW WORLD CUP 2021 STAGE IN JURMALA, LATVIA

August 9, 2021

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## Статья воркаут тренером



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Здесь лого фейсбук, инстаграм, телеграм и youtube



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# Проведенные мероприятия

## Latest galleries

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**WORLD FREESTYLE / POWER AND STRENGTH CHAMPIONSHIP 2021**

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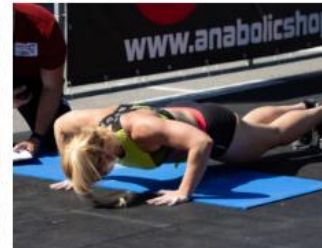
**Kenguru Pro Street Workout World Cup 2021 Stage in Jurmala, Latvia**

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**WSWCF Academy SW World Cup 2020 Stage in Chomutov, Czech Republic**

[VIEW](#) →



**Latvian Power, Strength and Freestyle Championship 2020**

[VIEW](#) →



**WSWCF ACAMEDY SW World Cup 2020 Stage in Reunion Island, France**

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**Battles and Final round - Kenguru Pro Street Workout World Cup 2020 Stage in Jurmala, Latvia**

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**1st round - Kenguru Pro Street Workout World Cup 2020 Stage in Jurmala, Latvia**

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**BATTLES AND FINAL ROUND - KAI TAK SPORTS INITIATIVE STREET WORKOUT WORLD CUP SUPER FINAL 2019**

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**OPENING CEREMONY AND 1ST ROUND - KAI TAK SPORTS INITIATIVE STREET WORKOUT WORLD CUP SUPER FINAL 2019**



**WSWCF Academy Street Workout World Cup 2019 Asia Stage in Taichung, Taiwan**

[VIEW](#) →

## Соревнования

Здесь будет 4 раздела

1- Чемпионат Армении по Street Workout

2- Workout Battles

3- Workout Records

4- StreetLifting



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**КНОПКА Правила судейства**

# Чемпионат Армении по воркаут



## General regulations for judges

1. In competitions where there are four (4) judges (1 Static elements` judge, 1 Dynamic elements` judge, 1 Move combinations` judge and 1 Style judge). Judges have to finish judging course education provided by Federation to ensure high standard of judging.
2. A judge must be a person with high morale, objective and shall have no conflicts of interest. Preferably, judges must not belong to any street workout team or organization participating in the competition to avoid the risk of biased (non-objective) judging in favour of that team / organization.
3. The 1st, 2nd and 3rd judge(s) must be well recognized and respected person(s) within the street workout community, who have (or has) contributed to organization or development of the street workout sport in their respective countries or internationally. The judges have to be selected according to their real and verifiable contributions (e.g., judge is working with youth, leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks.
4. The 4th judge must be clearly informed that this is an international competition and, therefore, he cannot give any subjective preferences to local athletes from his side, except if they objectively are better than the foreign athletes participating in the competition.



# Workout Battles



## General regulations for judges

1. In competitions where there are four (4) judges (1 Static elements` judge, 1 Dynamic elements` judge, 1 Move combinations` judge and 1 Style judge). Judges have to finish judging course education provided by Federation to ensure high standard of judging.
2. A judge must be a person with high morale, objective and shall have no conflicts of interest. Preferably, judges must not belong to any street workout team or organization participating in the competition to avoid the risk of biased (non-objective) judging in favour of that team / organization.
3. The 1st, 2nd and 3rd judge(s) must be well recognized and respected person(s) within the street workout community, who have (or has) contributed to organization or development of the street workout sport in their respective countries or internationally. The judges have to be selected according to their real and verifiable contributions (e.g., judge is working with youth, leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks.
4. The 4th judge must be clearly informed that this is an international competition and, therefore, he cannot give any subjective preferences to local athletes from his side, except if they objectively are better than the foreign athletes participating in the competition.



# Workout Records



## General regulations for judges

1. In competitions where there are four (4) judges (1 Static elements` judge, 1 Dynamic elements` judge, 1 Move combinations` judge and 1 Style judge). Judges have to finish judging course education provided by Federation to ensure high standard of judging.
2. A judge must be a person with high morale, objective and shall have no conflicts of interest. Preferably, judges must not belong to any street workout team or organization participating in the competition to avoid the risk of biased (non-objective) judging in favour of that team / organization.
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4. The 4th judge must be clearly informed that this is an international competition and, therefore, he cannot give any subjective preferences to local athletes from his side, except if they objectively are better than the foreign athletes participating in the competition.

# StreetLifting



## General regulations for judges

1. In competitions where there are four (4) judges (1 Static elements` judge, 1 Dynamic elements` judge, 1 Move combinations` judge and 1 Style judge). Judges have to finish judging course education provided by Federation to ensure high standard of judging.
2. A judge must be a person with high morale, objective and shall have no conflicts of interest. Preferably, judges must not belong to any street workout team or organization participating in the competition to avoid the risk of biased (non-objective) judging in favour of that team / organization.
3. The 1st, 2nd and 3rd judge(s) must be well recognized and respected person(s) within the street workout community, who have (or has) contributed to organization or development of the street workout sport in their respective countries or internationally. The judges have to be selected according to their real and verifiable contributions (e.g., judge is working with youth, leading or facilitating street workout movement) and not only by their public image created by themselves in the social networks.
4. The 4th judge must be clearly informed that this is an international competition and, therefore, he cannot give any subjective preferences to local athletes from his side, except if they objectively are better than the foreign athletes participating in the competition.

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[Кнопка Стать тренером](#)

*Открывает страницу где есть фото, описание и анкета для заполнения*



## Workout Records

MEN / МУЖЧИНЫ	RANKS / ЗВАНИЯ			CLASS / РАЗРЯДЫ						
	Pro	Advanced	Intermediate	1 adult	2 adult	3 adult	1 junior	2 junior	3 junior	
	МСМК	МС	КМС	1 взрослый	2 взрослый	3 взрослый	1 юношеский	2 юношеский	3 юношеский	
reps	BODYWEIGHT PULL-UPS Подтягивания с собственным весом	40	35	30	25	20	15	13	10	7
	BODYWEIGHT DIPS Отжимания на брусьях с собственным весом	70	60	50	40	30	20	17	14	10
	BODYWEIGHT PUSH-UPS Отжимания от пола с собственным весом	120	100	80	60	40	20	18	15	12
	SINGLE LEG SQUATS Приседания на одной ноге	70	60	50	40	30	20	15	10	5
	ONE ARM PULL-UPS Подтягивания на одной руке	10	8	7	6	5	4	3	2	1
	MUSCLE-UPS Выходы силой на две руки	20	17	14	11	8	5	4	3	2
	PULL-UPS +32kg Подтягивания +32 кг	21	19	17	15	13	11	9	7	5
	PULL-UPS +24kg Подтягивания +24 кг	30	26	22	20	18	16	14	12	10
	PULL-UPS +16kg Подтягивания +16 кг	32	28	24	22	20	18	16	14	12
	DIPS +48 kg Брусья +48 кг	25	22	20	18	14	10	8	6	4
	DIPS +32 kg Брусья +32 кг	38	32	28	20	16	12	10	8	6
	DIPS +24 kg Брусья +24 кг	40	36	32	28	26	22	18	14	10

Здесь будет таблица на 90%  
Похожий на этот

**Кнопка Установить Рекорд**

Открывает страницу где есть описание и анкета для заполнения,  
и возможность загрузить видео или вставить ссылку из ютуба или из соцсетей

## Workout площадки

### ➤ Продукты

- ✓ Типовые воркаут площадки
- ✓ Дворовые воркаут комплексы
- ✓ Для Загородных домов
- ✓ Для спортзалов
- ✓ Для лиц с инвалидностью
- ✓ Для детей
- ✓ Для офисов
- ✓ Для паркура
- ✓ Оборудование с креплением на стену
- ✓ Дополнительное оборудование и аксессуары

### ➤ Наши работы (Фото и видео)

#### ➤ Полезное

- ✓ Брендированные площадки
- ✓ Обучающие видеоролики
- ✓ Гарантия
- ✓ Аренда спортивных площадок



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