



Workout 1

4 minute amrap of:

2-4-6-8-10-... etc of

American Kettlebell Swings

Box Step Overs

Rounds	Swings	Steps	Reps completed
1	2	2	4
2	4	4	12
3	6	6	24
4	8	8	40
5	10	10	60
6	12	12	84
7	14	14	112
8	16	16	144
9	18	18	180
10	20	20	220
Total reps			

Signature athlete

	Advanced male	Advanced female
KB Swing	24kg	16kg
Box step	24kg	16kg
Wallball PushPress	9kg	6kg
Lunge steps	9kg	6kg
Pull ups	7 reps	5 reps

Workout 2

4 minute amrap of:

15 Wallball PushPress

12 Alt. lunge steps

7/5 Pull ups

Rounds	Wallball PushPress	Lunges	Pull ups	Reps completed
1	15	12	7	34
2	15	12	7	68
3	15	12	7	102
4	15	12	7	136
5	15	12	7	170
6	15	12	7	204
7	15	12	7	238
Male	Total reps			

Rounds	Wallball PushPress	Lunges	Pull ups	Reps completed
1	15	12	5	32
2	15	12	5	64
3	15	12	5	96
4	15	12	5	128
5	15	12	5	160
6	15	12	5	192
7	15	12	5	224
Female	Total reps			

Signature Judge



Workout 3

For Time (with a 10 minute time cap)*

30 ground to overhead

With EMOM 4 burpees

**For every rep missing, add 1 second to the time cap.*

	Advanced Male	Advanced Female
Barbell	40kg	27,5kg

Reps		Reps	
1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	
		reps missing	
		Time	

Signature Athlete

Signature Judge
