



	Boys	Girls
Gorilla Lifts	12kg	8kg
Tarzan over the box	-	-
Air squats	-	-
Sit ups	-	-
Burpees	-	-

Kids workout 1

4 minute amrap of:

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

Gorilla Lifts

Tarzan over the box

Rounds	Gorilla Lifts	Tarzan over the box	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

Workout 2

4 minute amrap of:

15 Air squats

12 Sit ups

9 burpees

Rounds	Air squats	Sit ups	Burpees	Reps completed
1	15	12	9	36
2	15	12	9	72
3	15	12	9	108
4	15	12	9	144
5	15	12	9	180
6	15	12	9	216
7	15	12	9	252
Total reps				



Signature Judge
