



	Rx male	Rx female
KB Swing	32kg	24kg
Box step	32kg	24kg
Wallball Pushpress	9kg	6kg
Lunge steps	9kg	6kg
Pull ups	9 reps	9 reps

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			

Workout 2

4 minute amrap of:

15 Wallball PushPress

12 Alt. lunge steps

9 Pull ups

Rounds	Wallball PushPress	Lunges	Pull ups	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 athlete

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.*

	Rx Male	Rx Female
Barbell	50kg	35kg

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
