



	13-16 boys	13-16 girls
KB Swing	12kg	8kg
Box step	-	-
Wallball Pushpress	6kg	4kg
Lunge steps	-	-
Pull ups	Jumping	Jumping

## 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 Jumping 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

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### Workout 3

*For Time (with a 10 minute time cap\*)*

*30 Low hang to overhead*

*With EMOM 4 burpees*

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

	Rx Male	Rx Female
Barbell	20kg	15kg

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

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