



WORKOUT 1

11—13 years

For time with a 15 minute time cap

80 kb deadlifts

80 medball thrusters

80 Box overs

11—13 years			
	Kb Deadlifts	Medball thrusters	Box overs 20"
	16	16	16
	32	32	32
	48	48	48
	64	64	64
	80	80	80
	Time		
	Reps (15 minute cap)		

Athletes can chose their own order of movements but you must finish one movement before you move on to the next. The workout is done when all 240 reps are completed or when the timecap has been passed.

11—13 years	KB weights	Medball
Boy	16	9
Girl	12	6

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 2

8—13 years

6 min amrap
1-2-3-4-5-6-7-8-etc...
burpees over the buddy
6m Shuttle sprint x 2

	Burpee OTB	Shuttle sprint	total reps
1	1	2	3
2	2	4	9
3	3	6	18
4	4	8	30
5	5	10	45
6	6	12	63
7	7	14	84
8	8	16	108
9	9	18	135
10	10	20	165
11	11	22	198
12	12	24	234
13	13	26	273
14	14	28	315
	Score		

Every 6m on the shuttle sprint is a rep.
 Athletes can divide the reps as they please
 "Total reps" is the amount of reps after completing that round.

 Name Judge

 Name athlete

 Signature Judge

 Signature athlete