



WORKOUT 1 14—17 years

For time with a 15 minute time cap

- 100 deadlifts**
- 100 wallballs**
- 100 Box overs**

14—17 years			
	Deadlifts	Wallball	Box overs
	20	20	20
	40	40	40
	60	60	60
	80	80	80
	100	100	100
	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 300 reps are completed or when the timecap has been passed.

14—17 years	Deadlift	Wallball	Box
Boy	35	9kg 20lbs	24"
Girl	25	6kg 14lbs	20"

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 2 14–17 years

Rx, Advanced & Scaled

Athlete A: 1 rep max clean (from 0-4 minutes)

Athlete B: 1 rep max jerk (from 4-8 minutes)

	Clean	
Athlete A		
	Jerk	
Athlete B		
	Clean	
	Jerk	+
	Total	

8 minutes for max weight

Both athletes may use their own bar and it is allowed to be loaded before the workout.

During the workout only athlete A and B are allowed to load the bar.

When the athlete drops the bar, he and his buddy are responsible for getting the bar back in the rig.

After the workout, make sure you film the bar and the plates which have been used.

The score on this workout is the total weight of the heaviest successful attempt of both athletes.

TEENS, SHOW US HOW STRONG YOU ARE BUT ALWAYS PRIOROTIZE TECHNIQUE!
LISTEN CAREFULLY TO YOUR COACH AND MIND YOUR OWN SAFETY!

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 3 14—17 years

10 minute emom
For max reps

14 – 17 years		
10 minute EMOM		
<i>Athlete A odd minute, Athlete B even minute</i>		
Minute	buy in	amrap
1	39 single unders	max rep jumping pull ups
2	8 burpees	max rep jumping pull ups
3	45 single unders	max rep jumping pull ups
4	9 burpees	max rep jumping pull ups
5	51 single unders	max rep jumping pull ups
6	10 burpees	max rep jumping pull ups
7	57 single unders	max rep pull ups
8	11 burpees	max rep pull ups
9	63 single unders	max rep pull ups
10	12 burpees	max rep pull ups

<i>Athlete A odd minute, Athlete B even minute</i>		
Minute	buy in	Reps JPU
1	39 single unders	
2	8 burpees	
3	45 single unders	
4	9 burpees	
5	51 single unders	
6	10 burpees	
		Reps Pull Up
7	57 single unders	
8	11 burpees	
9	63 single unders	
10	12 burpees	
Reps	305	
	Score	

Athletes don't have to tap/high five each other when switching

Score is BUY IN + JPU + PU

Name Judge

Name athlete

Signature Judge

Signature athlete