



WORKOUT 1

Rx / Adv/ Sca

For time with a 20 minute time cap:

RX

**150 deadlifts
150 wallballs
150 cal row**

Advanced

**150 deadlifts
150 wallballs
150 cal row**

Scaled

**150 deadlifts
150 wallball pushpress
150 cal row**

RX / ADV / SCA /			
	Deadlifts	Wallball (pushpress)	Calory row
	30	30	30
	60	60	60
	90	90	90
	120	120	120
	150	150	150
	Time		
	Reps (20 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 450 reps are completed or when the timecap has been passed.

DL weights	RX	adv	scaled
Male	70	60	50
female	50	42,5	35

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 1

8—10 years

For time with a 15 minute time cap

- 60 kb deadlifts**
- 60 PVC thrusters**
- 60 Box overs**

8—10 years			
	KB Deadlifts	Pvc thrusters	Box overs 20"
	12	12	12
	24	24	24
	36	36	36
	48	48	48
	60	60	60
	Time		
	Reps (15minute 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 180 reps are completed or when the timecap has been passed.

8—10 years	KB weights
Boy	12
Girl	8

Name Judge

Name athlete

Signature Judge

Signature athlete



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

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 1

Parent Kid

6 rounds each, alternate rounds! 15 minute time cap.

Parent

- 10 cal row
- 10 wallballs
- 10 deadlift

Kid

- 5 kb deadlifts
- 5 PVC thrusters
- 5 box overs 20"

	Parent			Kid		
	Cal row	Wallball	Deadlift	KB DL	pvc thruster	box over 20"
1	10	10	10	5	5	5
2	10	10	10	5	5	5
3	10	10	10	5	5	5
4	10	10	10	5	5	5
5	10	10	10	5	5	5
6	10	10	10	5	5	5
			Score	Time		
				Total reps (15 min cap)		

You choose who will start, the parent or the kid. High five each other after finishing the round so the other one can start. The workout is done when all 12 rounds are completed or when the timecap has been passed.

DL	Parent	Kid
DL	60 / 42,5kg	12/8kg
Medball	9/6kg	-

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 2 Rx/Adv/Sca

8 minutes for max weight

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	

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.

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 2 14–17 years

Rx, Advanced & Scaled

Athlete A: 1 rep max clean (from 0-3 minutes)

Athlete B: 1 rep max jerk (from 3-6 minutes)

	Clean	
Athlete A		
	Jerk	
Athlete B		
	Clean	
	Jerk	+
	Total	

6 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 2

Parent Kid

6 min EMOM
For max weight + reps

Minute	parent	kid
1	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
2	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
3	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
4	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
5	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint
6	1 attempt 1 rm c&j	Amrap 4 burpees over the parent + 2 shuttle sprint

	Attempt C&J	Reps
1		
2		
3		
4		
5		
6		
Total		
Score weights + reps		

Missing a attempt -> score = 0 in that minute
 Missing a jerk but keeping it frontrack -> Allowed to do the jerk again.
 Kid performs the Amrap AFTER the C&J
The score on this workout is the is the total weight of the successful attempts + the amount of reps

 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



WORKOUT 3 Rx

10 minute emom
For max reps

RX		
10 minute EMOM		
<i>Athlete A odd minute, Athlete B even minute</i>		
Minute	buy in	amrap
1	33 double unders	max rep c2b
2	8 burpees	max rep c2b
3	39 double unders	max rep c2b
4	9 burpees	max rep c2b
5	45 double unders	max rep c2b
6	10 burpees	max rep c2b
7	51 double unders	max rep c2b
8	11 burpees	max rep c2b
9	57 double unders	max rep c2b
10	12 burpees	max rep c2b

<i>Athlete A odd minute, Athlete B even minute</i>		
Minute	buy in	Reps C2B
1	33 double unders	
2	8 burpees	
3	39 double unders	
4	9 burpees	
5	45 double unders	
6	10 burpees	
7	51 double unders	
8	11 burpees	
9	57 double unders	
10	12 burpees	
Reps	275	
	Score	

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

Score is BUY IN + C2B

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 3 Advanced

10 minute emom
For max reps

Advanced		
10 minute EMOM		
<i>Athlete A odd minute, Athlete B even minute</i>		
Minute	buy in	amrap
1	21 double unders	max rep pull ups
2	8 burpees	max rep pull ups
3	27 double unders	max rep pull ups
4	9 burpees	max rep pull ups
5	33 double unders	max rep pull ups
6	10 burpees	max rep pull ups
7	39 double unders	max rep pull ups
8	11 burpees	max rep pull ups
9	45 double 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 Pull Ups
1	21 double unders	
2	8 burpees	
3	27 double unders	
4	9 burpees	
5	33 double unders	
6	10 burpees	
7	39 double unders	
8	11 burpees	
9	45 double unders	
10	12 burpees	
Reps	215	
	Score	

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

Score is BUY IN + Pull Ups

Name Judge

Name athlete

Signature Judge

Signature athlete



WORKOUT 3 Scaled

10 minute emom
For max reps

Scaled		
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 jumping pull ups
8	11 burpees	max rep jumping pull ups
9	63 single unders	max rep jumping pull ups
10	12 burpees	max rep jumping 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	
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

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