



# WORKOUT 1 Rx / Adv / Sca / Teens

15 min amrap:

**RX**

- 15 Box jump overs
- 10 Toes to bars
- 15 Hang power cleans
- 10 Chest to bar pull ups

**Advanced (Teens)**

- 15 Box jump overs
- 10 Toes to bars
- 15 Hang power Cleans
- 10 Pull ups

**Scaled & 50+ (Teens)**

- 15 Box jump/step overs
- 10 Knee raises
- 15 Hang power cleans
- 10 Jumping pull ups

RX / ADV / SCA /				
Round	Box Jump overs 60/50cm	Toes to bars/ Knee Raises	Hang Power Cleans	Pull ups
1	15	25	40	50
2	65	75	90	100
3	115	125	140	150
4	165	175	190	200
5	215	225	240	250
6	265	275	290	300
7	315	325	340	350
8	365	375	390	400
9	415	425	440	450
10	465	475	490	500
Total amount of Reps				

  

HPC	Male	Female
RX	40	25
Advanced	40	25
Advanced Teens	30	20
Scaled	30	20
Scaled Teens	20	15

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Name Judge

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Name athlete

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Signature Judge

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Signature athlete



# WORKOUT 1 Kids 6-8 / Kids 9-12 / Rookie

15 min amrap:

**Rookie**

- 15 Box step overs
- 10 sit ups
- 15 Ground to overhead
- 10 ring rows

**Kids 6-8**

- 15 Box climb overs
- 10 sit ups
- 15 Shoulder to overhead
- 10 ring rows

**Kids 9-12**

- 15 Box climb overs
- 10 sit ups
- 15 Ground to overhead
- 10 ring rows

Kids 9-12 / Rookie				
Round	Box Jump overs	Sit ups	Shoulder/ Ground to overhead	Ring Rows
1	15	25	40	50
2	65	75	90	100
3	115	125	140	150
4	165	175	190	200
5	215	225	240	250
6	265	275	290	300
7	315	325	340	350
8	365	375	390	400
9	415	425	440	450
10	465	475	490	500
Total amount of Reps				

  

SH2OH / G2OH	Male	Female
Rookie	10kg plate	5kg plate
6-8	PVC	PVC
9-12	5kg plate	5kg plate

  

Box	Male	Female
Rookie	60cm	50cm
6-8	50cm	50cm
9-12	60cm	60cm

\_\_\_\_\_  
Name Judge

\_\_\_\_\_  
Name athlete

\_\_\_\_\_  
Signature Judge

\_\_\_\_\_  
Signature athlete



# WORKOUT 2

# Rx / Adv/ Sca / Teens

**For time with a 8 minute time cap**

**RX**

- 10 Bar facing burpees
- 20 Deadlifts
- 10 Bar facing burpees\*
- 50 Double unders

**Advanced (Teens)**

- 10 Bar facing burpees
- 20 Deadlifts
- 10 Bar facing burpees\*
- 50 Double unders /
- 150 Single unders\*\*

**Scaled & 50+ (Teens)**

- 10 Bar facing burpees
- 20 Deadlifts
- 10 Bar facing burpees\*
- 100 Single Unders

RX	
BFB	10
DL	20
BFB	*NOTE TIEBREAK HERE 10
DU	50
Time	
Reps (if not finished)	

Advanced (Teens)	
BFB	10
DL	20
BFB	*NOTE TIEBREAK HERE 10
DU / SU**	50
Time	
Reps (if not finished)	

Scaled (Teens)	
BFB	10
DL	20
BFB	*NOTE TIEBREAK HERE 10
SU	100
Time	
Reps (if not finished)	

**\*\*Every 3 single unders count for 1 rep**

The Judge doesn't have to note the tiebreak during the workout. You can look it up afterwards in the video

Deadlift	RX	Advanced	Advanced Teens	Scaled	Scaled Teens
Male	80	70	60	60	35
Female	55	45	40	40	25

\_\_\_\_\_  
Name Judge

\_\_\_\_\_  
Name athlete

\_\_\_\_\_  
Signature Judge

\_\_\_\_\_  
Signature athlete



# WORKOUT 2

# Kids 6-8 / Kids 9-12 / Rookie

**For time with a 8 minute time cap**

**Rookie**

- 10 Burpees ootp
- 20 Russian KB Swings
- 10 Burpees ootp\*
- 50 Single Unders

**Kids 6-8**

- 10 Burpees ootp
- 20 KB Deadlifts
- 10 Burpees ootp\*
- 20 Single Unders

**Kids 9-12**

- 10 Burpees ootp
- 20 Russian KB Swings
- 10 Burpees ootp\*
- 50 Single Unders

**\*There is a tiebreaker after the second set burpees.**

Rookie	
Burpees ootp	10
Russian swings	20
Burpees ootp	*NOTE TIEBREAK HERE 10
SU	50
Time	
Reps (if not finished)	

Kids 6-8	
Burpees ootp	10
KB Deadlifts	20
Burpees ootp	*NOTE TIEBREAK HERE 10
SU	20
Time	
Reps (if not finished)	

Kids 9-12	
Burpees ootp	10
Russian swings	20
Burpees ootp	*NOTE TIEBREAK HERE 10
SU	50
Time	
Reps (if not finished)	

The Judge doesn't have to note the tiebreak during the workout. You can look it up afterwards in the video

Kettlebell	Rookie	6-8	9-12
Male	16	12	12
Female	12	8	8

\_\_\_\_\_  
Name Judge

\_\_\_\_\_  
Name athlete

\_\_\_\_\_  
Signature Judge

\_\_\_\_\_  
Signature athlete



# WORKOUT 3 Rx / Adv / Sca / Teens

*4 minutes for max weight*

***RX***

***Advanced (Teens)***

***Scaled & 50+ (Teens)***

**Snatch + Hang Snatch**

**Snatch + Hang Snatch**

**Clean + Hang Clean**

<p>Clean + Hang clean</p>
<p>Snatch + Hang Snatch</p>

\_\_\_\_\_  
Name Judge

\_\_\_\_\_  
Name athlete

\_\_\_\_\_  
Signature Judge

\_\_\_\_\_  
Signature athlete