This document contains the full movement standards and details for the Zanethemba FUNdraiser WORKOUTS 1, 2, 3. NOTE – leaderboard scores will only be populated 24 hours after the Deadline for score submission.
Deadline - 00:00 Saturday, 17 December 2022

RX - WORKOUT 1, 2, 3

Workout 1:

1-rep-max Hang Snatch (any) (5 min time frame)

Score = Max Load (kg) Athlete A + Max Load (kg) Athlete B

Rest 1 minute then at 6 min…

Workout 2:

Complete as many repetitions as possible in 3 minutes of:

30 Synchro DU

3 Synchro Wall Walks

Score = Total Reps

** Synchro DU - partner must be skipping at same time for athlete to work*

Rest 2 minutes, then at 11 min…

Workout 3:

Complete as many repetitions as possible in 9 minutes of:

21 Partner Wall Balls (Side by Side) (10kg/6.3kg at 10ft/9ft)

15 Partner Box Step-Overs - 1 for 1 (22.5kgx2/15kgx2 at 61cm/51cm)

9 Bar Muscle-ups (mix as please) - partner must Dead Hang for partner to work

Score = Total Reps

****M/F teams – 8 BSO and 7 BSO (cannot be performed 1 for 1 – box heights differ) and 11 WB, 10 WB (alone as WB loads differ)***

INT - WORKOUT 1, 2, 3

Workout 1:

1-rep-max Hang Snatch (any) (5 min time frame)

Score = Max Load (kg) Athlete A + Max Load (kg) Athlete B

Rest 1 minute then at 6 min…

Workout 2:

Complete as many repetitions as possible in 3 minutes of:

20 Synchro DU (Partner – SU)

3 Synchro Half Wall Walks

Score = Total Reps

** Synchro DU - partner must be skipping (SU) at same time for athlete to work*

Rest 2 minutes, then at 11 min…

Workout 3:

Complete as many repetitions as possible in 9 minutes of:

21 Partner Wall Balls (Side by Side) (10kg/6.3kg at 10ft/9ft)

15 Partner Box Step-Overs - 1 for 1 (15kgx2/10kgx2 at 61cm/51cm)

9 Pull-ups (mix as please) - partner must Dead Hang for partner to work

Score = Total Reps

M/F teams – 8 BSO and 7 BSO (cannot be performed 1 for 1 – box heights differ) and 11 WB, 10 WB (alone as WB loads differ)

BEG - WORKOUT 1, 2, 3

Workout 1:

1-rep-max Hang Snatch (any) (5 min time frame)

Score = Max Load (kg) Athlete A + Max Load (kg) Athlete B

Rest 1 minute then at 6 min…

Workout 2:

Complete as many repetitions as possible in 3 minutes of:

40 SU (20 SU each)

3 Synchro No Step Wall Walks

Score = Total Reps

Rest 2 minutes, then at 11 min…

Workout 3:

Complete as many repetitions as possible in 9 minutes of:

21 Partner Wall Balls (Side by Side) (6.3kg/4.5kg at 10ft/9ft)

15 Partner Box Step-Overs - 1 for 1 (10kgx2/5kgx2 at 51cm

9 Synchro Jumping C2B/ Jump Pull-ups (15cm)

Score = Total Reps

M/F teams – 8 BSO and 7 BSO (cannot be performed 1 for 1 – box heights differ) and 11 WB, 10 WB (alone as WB loads differ)

Workout ends on 20 min

Description WORKOUT 1 (all divisions)

This workout begins from the standing position with the barbell unloaded (empty). At the call of "take your marks", "get set", "go"... athlete A and B can load the barbell/barbells (2 allowed). Once the clips are secure Athlete A and B can complete their lifts. In the Hang Snatch, the barbell must first be deadlifted, and then goes from the hang position (between knees and hips) to the overhead position in one motion. The athlete cannot have two distinct motions. This can be a hang muscle snatch, a hang power snatch, a hang squat snatch, or a hang split snatch. A Clean & Jerk or any variant thereof is NOT permitted. If you complete a split snatch, both feet must be brought together with the barbell in the front rack or locked out overhead respectively for the rep to count. Your score is the SUM OF the MAX LOAD for each Athlete in kilograms (kg) (i.e. Max Load Athlete A + Max Load Athlete B). Round to the closest kg. (I.e. 50.4kg is 50kg but 50.5kg rounds to 51kg.)

NB – athletes can choose to use one (1) barbell for lifting in this workout BUT both Barbells must be empty and cannot be pre-loaded!

After workout 1 there is 1 minute of Rest/Transition before Workout 2 starts.

Description WORKOUT 2 (all divisions)

This workout begins with both athletes standing with a jump-rope in hand. At the call of "take your marks", "get set", "go"... the athlete A will start DU reps. Then athlete B will start DU reps – these reps will only be counted while athlete A remains completing DU's. If any athlete fails a rep.. the judge stops counting and minuses 1 rep.

For INTERMEDIATE, the second athlete must be completing SU reps while the athlete being counted completes 20 DU.

For BEGINNERS, each athlete must complete 20 SU reps. No synchro reps are required!

Next the athlete complete synchro Wall Walks. Synchro is at the start/finish line only. Both lie side by side with their hands touching the start/finish line (139cm Females and 152cm Males), lying flat on the floor with feet touching the wall. Athletes move to touch both hands on the turn-around line (25cm – RX and 90cm INT) from the wall and return to he start/finish line (139cm Females and 152cm Males). The feet must be on the wall before the hands move and likewise on the return the feet must be on the wall until the hands touch the start/finish line.

For INTERMEDIATE, the perform synchro Half Wall Walks – same as RX but turn-around line is a 90cm from the wall!

For BEGINNERS, the perform synchro "No Step" Wall Walks – same start as RX but only feet must step up onto the wall and then off…no hand movement is required.

Your score will be the total number of repetitions completed in the 3 minute window! For example – 2 Rnds completed is 2 Rounds of 30 DU and 3 Wall Walks, totalling 66 reps.

After workout 2 there is 2 minute of Rest/Transition before Workout 3 starts at 11 min.

Description WORKOUT 3 (all divisions)

This workout begins with both athletes standing at the wall under the wall ball target/s. At the call of "take your marks", "get set", "go"... the athlete A will pick up the wall ball squat to full depth and throw the wall ball to the correct target height making contact with the wall clearly above the target. The wall ball is caught by the 2nd athlete and is returned in the same manner as the first athlete. NB – note M/F teams each have their respective target heights and complete 11 and 10 Reps respectively alone, mixing as they please (as WB loads differ). Regarding No reps - the athlete missing the rep must complete the rep for the rep to count.

After the wall balls are completed, the athletes pick up their 2x DB's and while standing on opposite sides of the box. Ath A complete 1 Box Step Over (BSO) and then athlete B completes a BSO from the other direction (1 for 1 for the M/M and F/F teams). In the M/F teams, 1 athlete completes 8 BSO, the box is flipped to the correct height and then the 2nd athlete completes 7 BSO (athletes can mix as they please but must rotate the box to the correct height each time they change working genders).

Next the athletes move to the pull-up bar. One athlete must dead hang from the bar for the 2nd to work. the 2nd athlete completes bar Muscle-up reps. The designated reps can be partitioned as they please between the two athletes, so long as 9 bar muscle-ups (or scaled alternatives for Int and Beg) are completed before moving onto the Wall Balls.

Only muscle-up reps will only be counted if Athlete A is in the Dead Hang position (for RX and INT). No Pull-up reps will count while Athlete A is not in a Dead Hang position! Vice versa for Athlete B when he/she completes the muscle-ups (or scaled option for Int). Beginners' complete synchro jumping C2B pull-ups (men) and jumping pull-ups (chin over for women).

Your score will be the total number of repetitions completed in the 9-minute window!

For INTERMEDIATE, they perform Box Sep-overs with 2x 15kg / 2x 10kg DB at 61cm/51cm. Nine (9) Pull-ups are completed while the partner Dead Hangs, partitioning as they please.

For BEGINNERS, they perform Box Sep-overs with 2x 10kg / 2x 5kg at 51cm. Nine (9) synchro C2B/ Pull-ups (15cm).

Additional Notes

For the scaled variants, carefully measure the appropriate height settings for the pull-up bar with a tape measure.

Ensure your work station is safe and free from obstruction, objects, implements or people. Ensure that you are facing a direction in which you can safely fail on any of the workout movements!

NB - For full movement standards, please scroll/page down!

Judging and Video Submission Standards

No videos are required but you will need a judge and a stopwatch to accurately judge and score your entire workout/s. Judges must familiarise themselves with the workout description, scoring and movement standards in this document for these workouts.

Tiebreak on WORKOUTS

There will be no tiebreaks on any of the workouts!

Logging your team Score

Please email your score to the following email:

dave@algoacrossfit.com

NOTE – leaderboard scores will only be populated 24 hours after the Deadline for score submission.

Deadline - Sat eve (17 Dec) at 24:00

Workout 1 – Total Load (kg)

I.e. SUM OF the MAX LOAD for each Athlete in kilograms (kg) (Max Load Athlete A + Max Load Athlete B). For example: if Athlete A successfully lifts 50kg and Athlete B lifts 100 kg then the TOTAL load to record as the score is 150 kg.

Round to the closest kg. (I.e. 50.4kg is 50kg but 50.5kg rounds to 51kg.)

Workout 2 – Total Reps

Workout 3 – Total Reps

Equipment

To complete these workouts you will need:

• Two (2) barbells (1 each)

• Collars/Springs (2 pairs)

• Bumper Plates/fractionals to load to the appropriate weights for your gender, division and lifting ability on Workout 1.

• Jump Ropes and a clear Wall/Floor area (with appropriately marked lines – start/finish and turn-around lines) for Workout 2.

• Dumbells, Wall Balls, Pull-up Bar of the appropriate weights and 1x box (of appropriate heigh/s) for your gender, division and lifting ability on Workout 3.

• Tape, chalk to mark lines

• at least 4x4m of clear space

• A jump-rope

• Tape measure

• A clear solid wall (approx. at least 3 m wide)

• Pull-up Bar (For certain divisions you will need a tape measure to set the correct height of the pull-up bar)

NB - For each WORKOUT, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra obstructions, people, animals or equipment.

MOVEMENT STANDARDS

Snatch (workout 1)

Start Position – In order to start the hang snatch, the athlete must first deadlift the barbell to hip level. Only after a short pause can the athlete begin the hang snatch. For this reason, a snatch from the floor will be a no rep!

The hang snatch must start from the hang position and the bar may not pass below the top of the knee cap (patella).

In this workout any style of hang snatch is permitted. A hang muscle snatch, a hang power snatch, a hang squat snatch or a hang split snatch! If a split snatch is used, the feet must be brought together while the weight is overhead before the bar is lowered/dropped from the overhead position for the rep to count.

End Position

The hang snatch ends with the knees, hips, and arms fully extended and in a straight line with the bar locked out overhead with the bar over the middle of the body when viewed from the side.

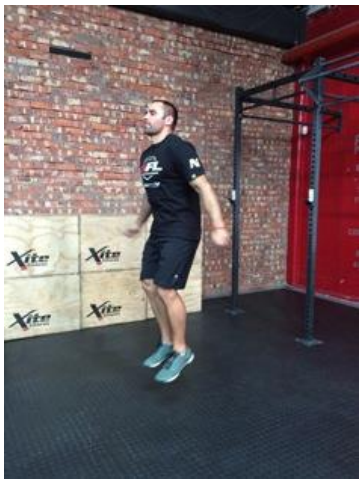
The athlete may not pause at any point in the pull of the hang snatch.

If the athlete fails to clearly demonstrate control at the top of the movement with the knees, hips, and arms fully extended and in a straight line with the bar locked out overhead with the bar over the middle of the body, those reps will not count.

Workout 2

NOTE – RX and Intermediate athletes must all be completing synchro Double-Unders (DU) - RX / Single-Unders (SU) - INT for their team-mates reps to count. Beginner athletes complete SU alone (no synchro). RX, Intermediate and Beginner athletes' complete synchro Wall Walks (WW) or their scaled option (Intermediate – Half WW and Beginner – No Step Wall Walks).

Double-Unders (RX and Int)

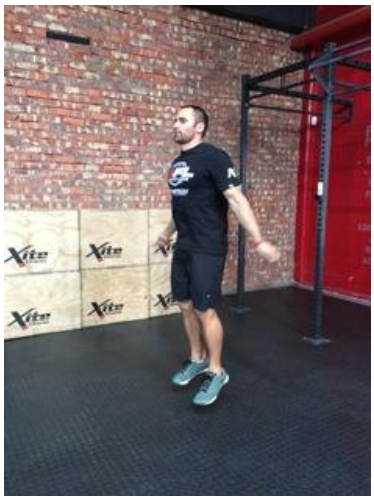


The rope must pass under the feet twice for each jump. The rope must spin forward around the athlete for the rep to count. Only once a repetition is successful can you count that rep. Synchronisation - athlete A will start DU reps – these reps will only be counted while athlete A remains completing DU's. If an athlete fails a rep, the judge stops counting and minuses 1 rep.

For INTERMEDIATE, the second athlete must be completing SU reps while the athlete being counted completes 20 DU.

For BEGINNERS, each athlete must complete 20 SU reps. No synchro reps are required!

Single-Unders



Beginner Division - The must rope pass under the feet once for each jump. The rope must spin forward around the athlete for the rep to count. Only once a repetition is successful can you count that rep.

Wall Walks (RX)

Start Position – Athlete starts lying flat (toes, knees, thighs, hips, belly, chest on the floor). The athlete's feet touch the wall with the head facing away from the wall. The athlete completes a push-up or kneeling push-up (snaking allowed) and places both feet onto the wall. Only once both feet are on the wall, but not in contact with the floor, can they move the hands off the start/finish line.

Synchro is at the start/finish line only (athletes need only to meet there and do no need to synchro anywhere else). Both lie side by side with their hands touching the start/finish line (All Div – 139 cm Females and 152 cm Men), lying flat on the floor with feet touching the wall. Athletes move to touch both hands on the turn-around line (RX 25m from wall, INT 90 cm from wall – see diagram below) from the wall and return to the start/finish line. The feet must be on the wall before the hands move off the start/finish line and likewise on the return the feet must be on the wall until the hands touch the start/finish line at 139 cm Females and 152 cm Men (all Div).

For INTERMEDIATE, the perform synchro Half Wall Walks – same as RX but turn-around line is a 90cm from the wall!

For BEGINNERS, the perform synchro "No Step" Wall Walks – same start as RX but only feet must step up onto the wall (off floor) - no hand movement is required, before stepping down off the wall to the start/finish position.

RX – mid-position ***INT – mid-position*** ***BEG – mid-position***

Mid Position (turn-around line) – Athletes walk their feet up the wall as they walk their hands towards the wall. RX turn around at 25cm from wall, Intermediate at 90cm from the Wall. Both palms of the hand must be in contact with the designated line at the same time before he/she can turn around and start returning! None for Beginner athletes as there is no hand movement.

End Position (start/finish line) – Athletes end the rep with both hands touching the start/finish line. Only once an athletes hands/fingers touch (both together) the start/finish line can he/she step off the wall for the rep to end. Reminder - Beginner athletes have no hand movement, so their hands remain on the start/finish line.

**** Standardised Lines and respective Measures for Wall Walking***

NB – mark 4 lines on the floor, parallel to the wall and at the following distances from the wall:

RX Mid-line – 25cm

INT Mid-line – 90cm

Start/Finish Lines for all Divisions (Females 139cm and Men 152cm)

Workout 3

Wall Balls

Start Position

The rep starts with the medicine ball held in position in front of the face at the bottom of a squat, with the hip crease below the top of the knee cap.

End Position

The rep ends when the centre of the ball hits the target at or above the specified target height after it has been thrown. If the ball hits but fails to achieve the correct height on the wall or if it does not hit the wall, it is a no rep.

Partner Wall Balls are completed side by side… Ath A squats and throws to the target then Ath B catches, squats and throws to the target, Ath A catches, squats and throws at the target and so the continue. Each time the ball hits the target with a full squat achieved prior to the throw, is a rep counted.

NB – note M/F teams each have their respective target heights and complete 11 and 10 Reps respectively alone, mixing as they please (as WB loads differ). Regarding No reps - the athlete missing the rep must complete the rep for the rep to count.

Farmers Walk Box Sep Overs

Start Position

The athlete stands behind the box, deadlifts the 2 DB's and then step-ups up, onto the box and then off the other side. The rep is counted when both feet touch the floor.

The DB cannot rest on the box or legs or shoulders or head of the athlete… they must be carried in the hands as for a Farmer's Walk.

Mid Position

He athlete is on top of the box. He athlete does not need to achieve full height or a lock out position but the DB's cannot touch the box or rest on the athlete's body.

End Position

The rep is counted when both feet step onto the floor on the other side of the box.

In his partner workout, athlete's will alternate 1 rep at a time, except in the M/F teams, where one athlete will complete 7-8 reps on his/her box height and then the next 7-8 can be completed by the next athlete on their respective box heights (mix as please but the box needs to be rotated appropriately each time they change).

Muscle-ups and Dead Hang

Dead Hang

RX and Intermediate athletes need to Dead Hang for their team-mates to work on Bar muscle-ups (RX) or Pull-ups (Int) and for their reps to count. Beginner athletes' complete synchro Jumping C2B (M) and Jumping (F) Pull-ups – with the synchronisation only at the start position.

Dead Hang (RX and INT)

The athlete is hanging from a pull-up bar with the arms fully extended, with the feet off the ground.

NB - Any grip style is permitted for all divisions including overhand, underhand and mixed grips.

Bar Muscle-ups

Start Position of Muscle-up

The athlete must start from a hanging position with the arms fully extended and the shoulders fully flexed in the overhead position. The feet may not touch the floor when hanging from the bar.

End Position
The athlete lands on top of the bar with the arms extended and fully locked out, supporting the weight of the body. Lock out must be achieved while the body weight is supported at the top of the bar and not when the athlete starts falling back for the next repetition. He athlete must go through some form of dip to lock-out on top of the bar. An uprise kip or other gymnastics movements cannot be performed.

If the athlete does not reach full extension at the bottom of the bar and does not hang with fully extended arms, those repetitions will not count. If the athlete fails to reach full extension at the top of the muscle-up, that rep will not count!

The athlete may not lift the heels higher than the bottom of the bar during the transition of the bar muscle-up.

The athlete must perform a bar muscle-up during this movement, any other movements will not count.

Intermediate – Pull-ups

Start position – as for Bar muscle-ups above
Chin-over-bar Pull-up – At the top, note that the chin must clearly pass over the horizontal plane made with the top of the pull-up bar in order for the rep to count.

If the athlete does not reach full extension at the bottom of the bar and does not hang with fully extended arms, those repetitions will not count.

Beginner –Jumping Chest (or Chin) to Bar Pull-up's

Measurement for the Jumping Pull-up – adjust height of the bar/bumpers so that there is 15cm height difference between the top of the head (when the athlete is looking directly forward) and the bottom of the pull-up bar.

Start Position (Beginner Male and Female)

The jumping pull-up bar should be setup in such a manner so that there is at least the specified distance (15cm) between the top of the athlete's head, when standing tall, and the bottom of the pull-up bar.

After stepping up onto the box / bumpers, the athlete must lower themselves so the arms are fully extended, and shoulders fully flexed and then they can jump and perform the jumping C2B pull-up or jumping PU.

End Positions

Jumping Chest-to-bar Pull-up (men) – At the top, note that the bar must clearly make contact with the chest below the level of the collar bone.

Jumping Pull-up (women) –
At the top, note that the chin must clearly pass over the horizontal plane made with the top of the pull-up bar in order for the rep to count.

PLEASE SCROLL/PAGE DOWN FOR WORKOUT SCORE SHEETS FOR EACH DIVISION! ENJOY THE WORKOUTS FOR THIS WORTHY CAUSE!!!!!

Zanethemba FUNdraiser Comp

2022 SCORECARD - RX (M/M ; F/F ; M/F)

Workout 1:

1-rep-max Hang Snatch (any), 5 min time frame

Rest 1 minute then,

At 6 min - W2:

Complete as many repetitions as possible in 3 minutes of:

30 DU (partner DU)

3 Synchro WW

Rest 2 minutes, then,

From 11-20 min - W3:

Complete as many repetitions as possible in 9 minutes of:

21 Wall Ball (10/6.3kg -10/9ft)(side by side except M/F - 11/10 reps resp.)

15 Box SO (22.5kgx2/15kgx2 at 61/51cm) - 1 for 1 except M/F (8/7 reps resp.)

9 Bar MU (partner dead hang mix as please)

W1	Load (kg)								
Athlete A	Ath A - Lift 1	Ath A - Lift 2	Ath A - Lift 3	Ath A - Lift 4	Ath A - Lift 5	Ath A - Lift 6	Ath A - Lift 7	Ath A - Lift 8	Ath A - MAX
Athlete B	Ath B - Lift 1	Ath B - Lift 2	Ath B - Lift 3	Ath B - Lift 4	Ath B - Lift 5	Ath B - Lift 6	Ath B - Lift 7	Ath B - Lift 8	Ath B - MAX

W2	Synch DU	Synch WW	Synch DU	Synch WW	Synch DU	Synch WW	Synch DU	Synch WW	#
Partner DU to Work ; WW - synchro	30	3	30	3	30	3	30	3	132
	30	3	30	3	30	3	30	3	264
	30	3	30	3	30	3	30	3	396
	30	3	30	3	30	3	30	3	528

W3	WB	BSO	B/MU	WB	BSO	B/MU			#
Mix/partition as please but 1 athlete must HOLD so other can work!	21	15	9	21	15	9			90
	21	15	9	21	15	9			180
	21	15	9	21	15	9			270
	21	15	9	21	15	9			360

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of my performance on the WORKOUT/S

Athlete Signature Date

Athlete Copy

Training Facility Copy

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of the athletes performance on WORKOUT/S

Judge Signature Date

Zanethemba FUNdraiser Comp
2022 SCORECARD - INTERMEDIATE (M/M ; F/F ; M/F)

Workout 1:

1-rep-max Hang Snatch (any), 5 min time frame

Rest 1 minute then,

At 6 min - W2:

Complete as many repetitions as possible in 3 minutes of:

20 DU (partner DU)

3 Synchro Half WW

Rest 2 minutes, then,

From 11-20 min - W3:

Complete as many repetitions as possible in 9 minutes of:

21 Wall Ball (10/6.3kg -10/9ft)(side by side except M/F - 11/10 reps resp.)

15 Box SO (15kgx2/10kgx2 at 61/51cm) - 1 for 1 except M/F (8/7 reps resp.)

9 Pull-ups (partner dead hang - mix as plse)

W1	Load (kg)								
Athlete A	Ath A - Lift 1	Ath A - Lift 2	Ath A - Lift 3	Ath A - Lift 4	Ath A - Lift 5	Ath A - Lift 6	Ath A - Lift 7	Ath A - Lift 8	Ath A - MAX
Athlete B	Ath B - Lift 1	Ath B - Lift 2	Ath B - Lift 3	Ath B - Lift 4	Ath B - Lift 5	Ath B - Lift 6	Ath B - Lift 7	Ath B - Lift 8	Ath B - MAX

W2	Synch DU	Synch h-WW	Synch DU	Synch h-WW	Synch DU	Synch h-WW	Synch DU	Synch h-WW	#
Partner SU to Work ; Half WW - synchro	20	3	20	3	20	3	20	3	92
	20	3	20	3	20	3	20	3	184
	20	3	20	3	20	3	20	3	276
	20	3	20	3	20	3	20	3	368

W3	WB	BSO	PU	WB	BSO	PU			#
Mix/partition as please but 1 athlete must HOLD so other can work!	21	15	9	21	15	9			90
	21	15	9	21	15	9			180
	21	15	9	21	15	9			270
	21	15	9	21	15	9			360

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of my performance on the WORKOUT/S

Athlete Signature Date

Athlete Copy

Training Facility Copy

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of the athletes performance on WORKOUT/S

Judge Signature Date

Zanethemba FUNdraiser Comp
2022 SCORECARD - BEGINNER (M/M ; F/F ; M/F)

Workout 1:

1-rep-max Hang Snatch (any), 5 min time frame

Rest 1 minute then,

At 6 min - W2:

Complete as many repetitions as possible in 3 minutes of:

40 SU (20 each)

3 Synchro No Step WW

Rest 2 minutes, then,

From 11-20 min - W3:

Complete as many repetitions as possible in 9 minutes of:

21 Wall Ball (6.3/4.5kg - 10/9ft)(side by side except M/F - 11/10 reps resp.)

15 Box SO (10kgx2/5kgx2 at 61/51cm) - 1 for 1 except M/F (8/7 reps resp.)

9 Synchro M-Jump C2B / F-Jump Pull-ups

W1	Load (kg)								
Athlete A	Ath A - Lift 1	Ath A - Lift 2	Ath A - Lift 3	Ath A - Lift 4	Ath A - Lift 5	Ath A - Lift 6	Ath A - Lift 7	Ath A - Lift 8	Ath A - MAX
Athlete B	Ath B - Lift 1	Ath B - Lift 2	Ath B - Lift 3	Ath B - Lift 4	Ath B - Lift 5	Ath B - Lift 6	Ath B - Lift 7	Ath B - Lift 8	Ath B - MAX

W2	Synch DU	Synch WW	Synch DU	Synch WW	Synch DU	Synch WW	Synch DU	Synch WW	#
Partner SU to Work ; Half WW - synchro	40	3	40	3	40	3	40	3	172
	40	3	40	3	40	3	40	3	344
	40	3	40	3	40	3	40	3	516
	40	3	40	3	40	3	40	3	688

W3	WB	BSO	j-C2B / PU	WB	BSO	j-C2B / PU			#
Mix/partition as please but 1 athlete must HOLD so other can work!	21	15	9	21	15	9			90
	21	15	9	21	15	9			180
	21	15	9	21	15	9			270
	21	15	9	21	15	9			360

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of my performance on the WORKOUT/S

Athlete Signature Date

Athlete Copy

Training Facility Copy

Team Name: **WOD1:** A Max Load (kg) + B Max Load = Total Load (kg)

WOD2: Total Reps **WOD3:** Total Reps **Judge:**

I confirm that the information above is a true reflection of the athletes performance on WORKOUT/S

Judge Signature Date