

*Time for the last one of the season! Keep fighting for that top spot on the leaderboard!*

*All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All two scores need to be from the same attempt and the same video.*

*Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.*

*In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 5B will receive the prize.*

*If you have any questions, or problems with logging, contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)*

*Good luck!*

*Team The Nationals*

---

### **Note on Rx and Scaled**

For each event, you can choose between the Rx and Scaled version.

For 5A (reps + time)

- If you choose to do 5A Rx, add **2000** to your reps.
- If you choose to do 5A Scaled, add **1000** your reps.

For 5B (reps + time)

- If you choose to do 5A Rx, add **2000** to your total kg.
- If you choose to do 5A Scaled, add **1000** your total kg.

One rep Rx will be above all people who did the workout Scaled.

This way, it is easy to see who did Rx and Scaled and Rx athletes will always be ranked higher than Scaled. In the future, we're planning on an update in the App to be able to work with Rx and Scaled, but until then, we have to fix it this way.

**Conversions from metric to imperial for WOD 5**

**This are minimum acceptable weights**

Equipment	Kilograms	Pounds
Kettlebell	32	70
	24	50
	16	35
	12	25
	8	18
Barbell/Plate	5	11
	10	22
	15	25
	20	45
	25	55
	30	65
	35	75
Dumbbell	42,5	95
	10	25
	15	35
	22,5	50
Height	20cm	8 inch
	25cm	10 inch
	40cm	16 inch
	50cm	20 inch
	60cm	24 inch

**Rx**

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
5A FROM 0:00-4:00	For Time - Cap 4 *You choose the order				
	10 Thrusters 20/15kg 10 Bar Facing Burpees over Bar	18 Thrusters 30/20kg 18 Bar Facing Burpees over Bar	18 Thrusters to box 42,5/30kg 18 Bar Facing Burpees over Bar	18 Thrusters 42,5/30kg 18 Bar Facing Burpees over Bar	12 Thrusters 35/25kg 12 Bar Facing Burpees over Bar
<i>Total reps</i>	20	36	36	36	24
4 MINUTE BREAK					
5B FROM 8:00-20:00	For Time - Cap 12				
	21/18 Cal Row 20 KBSwings 12/8kg 20 Plate Step Overs 25/20cm 12 Plate GTOH 10/5kg	30/24 Cal Row 30 KBSwings 20/16kg 35 Box Jump Overs 50cm 30 Snatches 30/20kg	35/25 Cal Row 30 KBSwings 24/16kg 30 Snatches 42,5/30kg 30 Box Overs 50cm	35/25 Cal Row 30 KBSwings 32/24kg 45 Box Jump Overs 50/40cm 30 Snatches 42,5/30kg	30/24 Cal Row 30 KBSwings 20/12kg 35 Box Overs 50cm 20 Snatches 35/25kg
<i>Total reps Male</i>	73	125	125	140	115
<i>Female</i>	70	119	115	130	111

**Scaled**

If you choose to do scaled, you have to do both workouts scaled as below.

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
5A	10 Thrusters 20/15kg 10 Bar Facing Burpees over Bar	18 Thrusters <b>20/15g</b> 18 Bar Facing Burpees over Bar	15 Thrusters to box <b>30/20kg</b> 15 Bar Facing Burpees over Bar	15 Thrusters <b>30/20kg</b> 15 Bar Facing Burpees over Bar	10 Thrusters 20/15kg 10 Bar Facing Burpees over Bar
<i>Total reps</i>	20	36	30	30	
5B	15/12 Cal Row 20 KBSwings <b>8/6kg</b> 20 Plate Step Overs 25/20cm 12 Plate GTOH 10/5kg	25/20 Cal Row 30 KBSwings <b>16/12kg</b> 35 <b>Box Overs</b> 50cm 30 Snatches <b>20/15kg</b>	25/20 Cal Row 30 KBSwings <b>12/8kg</b> 30 <b>GTOH 30/20kg</b> 60 <b>Single Unders</b>	25/20 Cal Row 30 KBSwings <b>16/12kg</b> 45 <b>Box Overs</b> 50/40cm 30 <b>GTOH 30/20kg</b>	25/20 Cal Row 30 KBSwings <b>12/8kg</b> 35 Box Overs 50cm 20 <b>GTOH 20/15kg</b>
<i>Total reps Male</i>	67	120	145	130	110
<i>Female</i>	64	115	140	125	105

**Rx**

	Neuro Minor	Upper 1	Upper 2	Sensory Deaf	Sensory Blind
5A FROM 0:00-4:00	For Time - Cap 4 *You choose the order				
	18 Thrusters 42,5/30 18 Bar Facing Burpees over Bar	15 Single DB Thrusters 22,5/15kg 15 Bar Facing Burpees over Bar	18 Single DB Thrusters 22,5/15kg 18 Bar Facing Burpees over Bar	18 Thrusters 42,5/30kg 18 Bar Facing Burpees over Bar	18 Thrusters 42,5/30kg 12 Bar Facing Burpees over Bar
<i>Total reps</i>	36	30	36	36	Enter 36
4 MINUTE BREAK					
5B FROM 8:00-20:00	For Time - Cap 12				
	40/30 Cal Row 30 KBSwings 24/16kg 45 Box Jump Overs 50cm 30 Snatches 42,5/30kg	30/24 Cal Row 30 One Arm KBSwings 16/12kg 45 Box Jump Overs 60/50cm 30 DB Snatches 22,5/15kg	30/24 Cal Row 30 One Arm KBSwings 16/12kg 45 Box Jump Overs 60/50cm 30 DB Snatches 22,5/15kg	40/30 Cal Row 30 KBSwings 32/24kg 45 Box Jumps 60/50cm 30 Snatches 42,5/30kg	40/30 Cal Row 30 KBSwings 32/24kg 35 Box Jumps 60/50cm 30 Snatches 42,5/30kg
<i>Total reps Male</i>	145	135	135	145	Enter 145
<i>Female</i>	135	129	129	135	Enter 135

**Scaled**

If you choose to do scaled, you have to do both workouts scaled as below.

	Neuro Minor	Upper 1	Upper 2	Sensory Deaf	Sensory Blind
5A	15 Thrusters 30/20kg 15 Bar Facing Burpees over Bar	15 Single DB Thrusters <b>15/10kg</b> 15 Bar Facing Burpees over Bar	18 Single DB Thrusters <b>15/10kg</b> 18 Bar Facing Burpees over Bar	<b>15 Thrusters 30/20kg</b> 15 Bar Facing Burpees over Bar	<b>15 Thrusters 30/20kg</b> 10 Bar Facing Burpees over Bar
<i>Total reps</i>	20	30	36	30	Enter 30
5B	<b>25/20</b> Cal Row 30 KBSwings <b>16/12kg</b> 45 <b>Box Overs</b> 50cm 30 <b>GTOH 30/20kg</b>	<b>25/20</b> Cal Row 30 One Arm KBSwings <b>12/8kg</b> 45 <b>Box Overs</b> 60/50cm 30 DB Snatches <b>15/10kg</b>	<b>25/20</b> Cal Row 30 One Arm KBSwings <b>12/8kg</b> 45 <b>Box Overs</b> 60/50cm 30 DB Snatches <b>15/10kg</b>	<b>35/25</b> Cal Row 30 KBSwings <b>16/12kg</b> 45 <b>Box Step Ups</b> 60/50cm 30 <b>GTOH 30/20kg</b>	<b>35/25</b> Cal Row 30 KBSwings <b>16/12kg</b> 35 <b>Box Step Ups</b> 60/50cm 30 <b>GTOH 30/20kg</b>
<i>Total reps Male</i>	130	130	130	140	Enter 140
<i>Female</i>	125	125	125	130	Enter 130

Rx

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic With Triceps	Seated Tetraplegic Without Triceps
5A FROM 0:00-4:00	For Time - Cap 4 *In this particular order			
	18 Barbell Shoulder Press 20/15kg 18 Wheelchair Burpees	18 Barbell Shoulder Press 25/20kg 18 Wheelchair Burpees	6 Cal Ski Erg @ Damper 1/2/3 15 Barbell Shoulder Press 10/8kg	6 Cal Ski Erg @ Damper 1/2/3 15 KB High Pulls 6/4kg
<i>Total reps</i>	36	36	21	21
4 MINUTE BREAK				
5B FROM 8:00-20:00	For Time - Cap 12			
	25/20 Cal Row 20 Alt. One Arm KB Swings 8/6kg 25 Wheels on/off the Plate 20 Barbell Lap to Overhead 10/5kg	30/25 Cal Row 30 Alt. One Arm KB Swings 16/12kg 30 Wheels on/off the Plate 20 Barbell Lap to Overhead 15/10kg	12/8 Cal Row 15 Alt DB Snatch 6/4kg 15 Wheels on/off the Plate 10 Barbell Lap to Overhead 10/5kg	12/8 Cal Row 20 Alt DB Clean 6/4kg 15 Wheels on/off the Plate 15 Barbell Lap Clean 6/4kg
<i>Total reps Male</i>	90	110	<i>If finished, enter 62</i>	62
<i>Female</i>	85	105	<i>If finished, enter 58</i>	58

**Scaled**

If you choose to do scaled, you have to do both workouts scaled as below.

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic With Triceps	Seated Tetraplegic Without Triceps
5A	18 Barbell Shoulder Press 20/15kg 18 Wheelchair Burpees	18 Barbell Shoulder Press 20/15kg 18 Wheelchair Burpees	No scaling option available	No scaling option available
<i>Total reps</i>	36	36		
5B	25/20 Cal Row 20 Alt. One Arm KB Swings 6/4kg 15 Wheels on/off the Plate 12 Barbell Lap to Overhead 10/5kg	30/25 Cal Row 30 Alt. One Arm KB Swings 8/6kg 20 Wheels on/off the Plate 12 Barbell Lap to Overhead 10/5kg		
<i>Total reps Male</i>	72	92		
<i>Female</i>	67	87		

**SCORING**

Event 5A = Time + Reps

The score for workout 5A is the time on the clock after the last rep OR the total number of reps completed within the 4 minutes. The score is always time AND reps, for example 3:00 + 30 reps, or 4:00 + 20 reps if the athlete did not finish.

If the athlete did not finish all reps, the score is 04:00 + reps completed within the 4 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

Event 5B = Time + Reps

The score for workout 5B is the time on the clock after the last rep OR the total number of reps completed before the 20:00 mark. Note that this can never be below 8:00! The score is always time AND reps, for example 16:00 + 120 reps (iron/bronze), or 20:00 + 90 reps if the athlete did not finish.

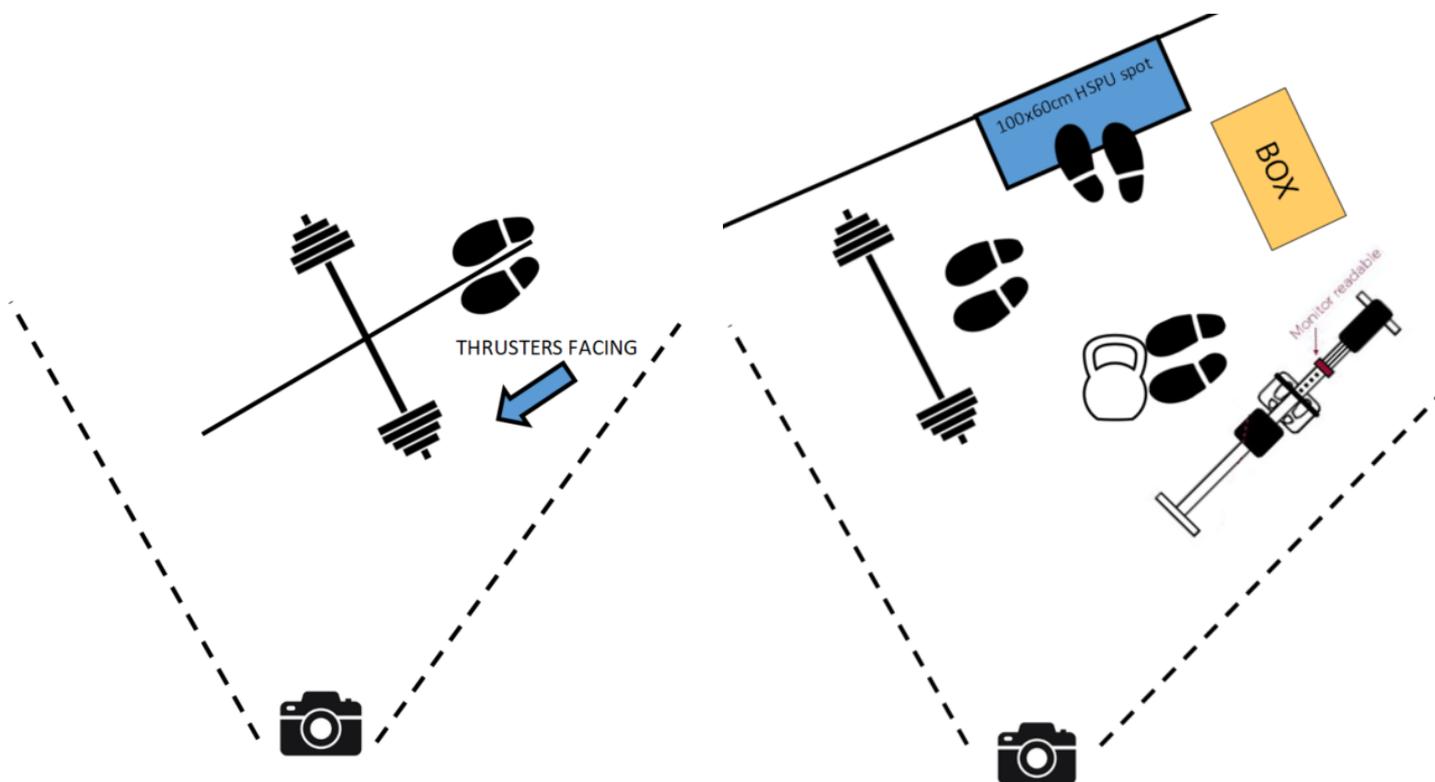
If the athlete did not finish all reps, the score is 04:00 + reps completed within the 4 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

**VIDEO STANDARDS**

- Start the video with stating your full name and box. Then show the weight of the barbell and kettlebell. Also show the height of the box if its not regular. Show measures of the HSPU box if applicable.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 20) must be visible during the whole workout.
- The athlete must be in the frame during the whole workout.
- Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.
- You can find our workouts also in WODProof

Example set-up:



**WORKOUT FLOW**

**PART A - 0:00-4:00**

Before the workout starts, the athlete must decide if he/she wants to start with the thrusters or the burpees. After the start, you cannot switch.

The workout starts with the athlete standing tall behind the barbell. The athlete may not touch the barbell yet. On the call of 3-2-1-GO, the athlete may start with either the thrusters or bar facing burpees. After all reps have been completed, the athlete does all bar facing burpees / thrusters. When the last rep is performed, the time is noted.

**--- 4:00-8:00 BREAK ---**

**The athlete may already sit down on the rower, press on the monitor, but may not touch the handle yet.**

**PART B - 8:00-20:00**

When the clock hits 8:00, the athlete may touch the handle, and start rowing until the assigned number of reps is achieved. Then the athlete proceeds to the KB Swings, box overs and last GTOH / Snatches. When the last rep is performed, the time is noted.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

**MOVEMENT STANDARDS**

**GENERAL RULES**

- Tape and/or grips may be used. Straps are not allowed.
- Only 1\* barbell may be used and no one else than the athlete may load the bar. \*Exception for the thruster/bar facing burpees where some divisions have an empty / lower bar for the thruster.
- Clips must always be on the outside of all plates. Clips do not count for weight on the barbell.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- The DB/KB may never be dropped from above the knees. If this happens, it is a no rep.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)

**THRUSTERS**

The movement starts with the barbell in front rack position. The athlete lowers down until the bottom position of the squat is reached. From the bottom of the squat, the athlete extends all the way up and presses the weight overhead in one fluent motion. A jerk is not allowed. In the end position, the hips, knees and elbows are fully locked and the barbell is straight above the athlete's body. A squat clean thruster as first rep is allowed.

*Lower 1 athletes perform the thruster to a 50cm/20 inch box.*

**SINGLE DUMBBELL THRUSTERS (UPPER)**

The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The dumbbell is held on the shoulder with at least one head of the dumbbell clearly touching the top of the shoulder. Athlete squats down with the dumbbell on the shoulder until the hip crease is clearly below the knee and the squat is below parallel.

The athlete stands back up and presses the dumbbell overhead in one fluent motion. Diving under the dumbbell (aka ThrusterJerk) or any jerking movement is not allowed. In the end position, hips and knees are fully extended. The dumbbell is held overhead straight above the body with elbow fully locked.

**BAR FACING BURPEE OVER BAR**

Start with taping a long line on the floor. The burpee must be performed perpendicular to and facing the barbell. All athletes must use a barbell with 18inch/45 cm plates for the burpees. This means that if you use smaller fractional plates for the thruster, you must have a second bar with regular plates for the burpees.

The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. At this point, one hand and one foot must be on each side of the line.

From this position, the athlete can step or jump to their feet. The athlete must jump over the barbell using a two-foot take-off. **Stepping over the barbell is only allowed in the Intellectual, Lower 1/2, Neuro Major and Sensory divisions.** The athlete does not need to land with both feet at the same time. For the next rep, the athlete must be perpendicular to and facing the barbell on this side of the barbell.

*Neuro Minor: if you are not able to jump over the bar, contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)*

**ROW**

Start with the screen on 0. Show the beginning screen clearly on your video. Note that you can't touch the handle before the timer starts. The athlete must stay seated on the rower until the screen is at the assigned calories.

***RUSSIAN KETTLEBELL SWINGS***

The movement starts with both hands on the kettlebell. The athlete swings the kettlebell back until the center of the kettlebell is clearly behind the legs. The athlete swings the kettlebell up until the kettlebell, hands and elbows are above the shoulder. Extension of the elbow is not needed.

*Upper 1/2 performs the movement with 1 arm. Other standards stay the same.*

***BOX JUMP OVERS***

The movement starts with the athlete standing tall behind the box. The athlete jumps on the box with both feet. The athlete steps/jumps off the box on the other side.

***BOX OVERS***

The movement starts with the athlete standing tall at one side of the box. The athlete may jump or step on the box. Two feet must touch the box at the same time. Then the athlete steps/jumps off on the other side of the box. Two feet must touch the floor at the same time for the rep to be credited.

*Short Stature Scaled, Lower 2 Scaled, Neuro Minor Scaled, Upper 1/2 Scaled : No hands or any other body part may touch the box.*

*Lower 1, Neuro Major: Hands and other body parts may touch the box.*

***BOX JUMPS (SENSORY)***

The movement starts with the athlete standing tall behind the box. The athlete jumps on the box with both feet. At the top, the hips and knees are extended and the athlete is standing tall. The athlete steps/jumps off the same side of the box.

***BOX STEP UPS (SENSORY)***

The movement starts with the athlete standing tall behind the box. The athlete steps on the box with both feet. At the top, the hips and knees are extended and the athlete is standing tall. The athlete stepsoff the same side of the box.

***PLATE STEP OVERS (INTELLECTUAL)***

The movement starts with the athlete standing tall behind the plate(s). The athlete steps on the plate until both feet are on the plate. The athlete steps off on the other side of the plate(s). There is no extended needed at the top.

***PLATE GROUND TO OVERHEAD (INTELLECTUAL)***

The movement starts with the athlete holding the plate with both hands, the plate touching the floor. The athlete moves the plate to overhead until the plate is clearly above the head of the athlete, with hips and knees extended.

***SINGLE UNDERS (LOWER 1 SCALED)***

The rope passes under the feet once for each jump. The rope must spin forward. Only successful jumps are counted, not attempts.

***DUMBBELL SNATCH (UPPER)***

The movement starts with the dumbbell with one head in contact with the floor. The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out.

The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (clean and jerk) is not allowed.

***GROUND TO OVERHEAD or GTOH***

The movement starts with the barbell with both bumper plates on the floor.\* The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is not allowed.

\*If no plates or fractional plates used, the barbell must start below the knees.

***SNATCH***

The movement starts with both bumper plates in contact with the floor. The athlete moves the bar to overhead position in one fluent motion (clean and presses are not allowed). In the end position, the barbell must come to full lockout overhead, with hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body. Feet are underneath the body at hip width stance. The athlete has full control over the bar.

This may be a muscle snatch, power snatch, squat snatch or split snatch as long as all standards are met. Touching the floor with your knees is not allowed. Hang snatches etc are not allowed.

***BARBELL SHOULDER PRESS (WHEELCHAIR)***

The strict press starts with the athlete holding the barbell in front rack position, where the elbows are in front of the bar and the barbell is in contact with the shoulders.

The athlete presses the barbell up to an overhead position, in which the barbell is straight above the head of the athlete and elbows are fully locked.

The athlete may receive assistance in getting the barbell in the front rack position. Also a rack may be used.

***WHEELCHAIR BURPEES (WHEELCHAIR)***

The athlete starts by being seated. Athlete performs a dip where their arms are fully locked out. Then sit back in the chair. Then tilt their chair back so that the first two wheels do not touch the ground. Those two movements will be one rep. For the dip, boxes may be used.

***ONE ARM ALTERNATING KETTLEBELL SWING (WHEELCHAIR)***

The movement starts with the athlete holding the kettlebell with one hand next to the wheelchair. The athlete swings the KB up to shoulder level\* for the rep to count. The next repetition needs to be made with the other hand. A belt around the trunk is allowed.

\*With abs: hand and elbow above shoulder height.

\*Without abs: hand and elbow at shoulder height.

***WHEELS ON/OFF THE PLATE (WHEELCHAIR)***

The movement starts with the athlete sitting in the chair behind an elevation\*. The athlete tilts the wheelchair back so the front wheels do not touch the floor. Then the athlete lowers the wheels on the elevation. Next, the athlete lifts the wheels up and back to the floor. This is one repetition.

\*With/without abs: 12cm elevation

\*Tetraplegic: 4cm elevation

The elevation can be made with plates or anything else. Measure height at the beginning of your video.

***SKI ERG (WHEELCHAIR)***

The movement starts with the monitor on 0 calories. The athlete grabs the handles and starts skiing until the monitor displays the assigned number of calories. If multiple rounds are made, each round, the monitor has to be on 0 at the start. The monitor may be reset by the judge or another person.

The athlete may receive assistance in grabbing the handles.

***KETTLEBELL HIGH PULL (WHEELCHAIR)***

The movement starts with the kettlebell on the lap of the athlete. The athlete pulls the kettlebell up with elbows out until the hands are at collarbone height.

***ONE ARM ALTERNATING DUMBBELL SNATCH (WHEELCHAIR)***

The movement starts with the dumbbell on the lap of the athlete. The athlete lifts the dumbbell overhead without touching the shoulders. At the top of the movement, the dumbbell is straight above the body of the athlete with elbow extended. The next repetition must be performed with the other hand. Switching may happen at any point.

***ONE ARM ALTERNATING DUMBBELL CLEAN (WHEELCHAIR)***

The movement starts with the dumbbell on the lap of the athlete. The athlete lifts the dumbbell on the shoulder. At the top of the movement, the dumbbell is clearly touching the shoulder with at least one head. Fingers are around the dumbbell. The next repetition must be performed with the other hand. Switching may happen at any point.

***BARBELL LAP CLEAN (WHEELCHAIR)***

The movement starts with the barbell on the lap of the athlete. The athlete moves the barbell from the lap to the front rack position in one fluent motion. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The athlete has control over the barbell.

***BARBELL LAP TO OVERHEAD (WHEELCHAIR)***

The movement starts with the barbell on the lap of the athlete. The athlete lifts the bar overhead. This may be a clean and jerk or snatch. At the top of the movement, the barbell is straight above the head of the athlete with elbows extended.

**Intellectual**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx &amp; Scaled</b>		
		10 Thrusters 20/15		
		10 Bar Facing Burpees over Bar		
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		21/18 Cal Row	15/12 Cal Row	
		20 Russian Kettlebell Swings 12/8	20 Russian Kettlebell Swings 8/6	
		20 Plate Step Overs 25/20cm	20 Plate Step Overs 25/20	
		12 Plate Ground to Overhead 10/5	12 Plate Ground to Overhead 10/5	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Short Stature**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters 30/20	18 Thrusters 20/15	
		18 Bar Facing Burpees over Bar	18 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		30/24 Cal Row	25/20 Cal Row	
		30 Russian Kettlebell Swings 20/16	30 Russian Kettlebell Swings 16/12	
		35 Box Jump Overs 50cm	35 Box Overs 50cm	
		30 Snatches 30/20	30 Snatches 20/15	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Lower 1**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters to Box 42,5/30	15 Thrusters to Box 30/20	
		18 Bar Facing Burpees over Bar	15 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		35/25 Cal Row	25/20 Cal Row	
		30 Russian Kettlebell Swings 24/16	30 Russian Kettlebell Swings 12/8	
		30 Snatches 42,5/30	30 Ground to Overhead 30/20	
		30 Box Overs 50cm	60 Single Unders	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Lower 2**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters 42,5/30	15 Thrusters 30/20	
		18 Bar Facing Burpees over Bar	15 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		35/25 Cal Row	25/20 Cal Row	
		30 Russian Kettlebell Swings 32/24	30 Russian Kettlebell Swings 16/12	
		45 Box jump Overs 50/40cm	45 Box Overs 50/40cm	
		30 Snatches 42,5/30	30 Ground to Overhead 30/20	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Neuro Major**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		12 Thrusters 35/25	10 Thrusters 20/15	
		12 Bar Facing Burpees over Bar	10 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		30/24 Cal Row	25/20 Cal Row	
		30 Russian Kettlebell Swings 20/12	30 Russian Kettlebell Swings 12/8	
		35 Box Overs 50cm	35 Box Overs 50cm	
		20 Snatches 35/25	20 Ground to Overhead 20/15	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Neuro Minor**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters 42,5/30	15 Thrusters 30/20	
		18 Bar Facing Burpees over Bar	15 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		40/30 Cal Row	25/20 Cal Row	
		30 Russian Kettlebell Swings 24/16	30 Russian Kettlebell Swings 16/12	
		45 Box Jump Overs 50cm	45 Box Overs 50cm	
		30 Snatches 42,5/30	30 Ground to Overhead 30/20	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Upper 1**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		15 DB Thrusters 22,5/15	15 DB Thrusters 15/10	
		15 Bar Facing Burpees over Bar	15 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		30/24 Cal Row	25/20 Cal Row	
		30 One Arm Kettlebell Swings 16/12	30 One Arm Kettlebell Swings 12/8	
		45 Box Jump Overs 60/50cm	45 Box Overs 60/50cm	
		30 DB Snatches 22,5/15	30 DB Snatches 15/10	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Upper 2**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 DB Thrusters 22,5/15	18 DB Thrusters 15/10	
		18 Bar Facing Burpees over Bar	18 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		30/24 Cal Row	25/20 Cal Row	
		30 One Arm Kettlebell Swings 16/12	30 One Arm Kettlebell Swings 12/8	
		45 Box Jump Overs 60/50cm	45 Box Overs 60/50cm	
		30 DB Snatches 22,5/15	30 DB Snatches 15/10	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Sensory Deaf**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters 42,5/30	15 Thrusters 30/20	
		18 Bar Facing Burpees over Bar	15 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		40/30 Cal Row	35/25 Cal Row	
		30 Russian Kettlebell Swings 32/24	30 Russian Kettlebell Swings 16/12	
		45 Box Jumps 60/50cm	45 Box Step Ups 60/50cm	
		30 Snatches 42,5/30	30 Ground to Overhead 30/20	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Sensory Blind**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Thrusters 42,5/30	15 Thrusters 30/20	
		12 Bar Facing Burpees over Bar	10 Bar Facing Burpees over Bar	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		40/30 Cal Row	35/25 Cal Row	
		30 Russian Kettlebell Swings 32/24	30 Russian Kettlebell Swings 16/12	
		35 Box Jumps 60/50cm	35 Box Step Ups 60/50cm	
		30 Snatches 42,5/30	30 Ground to Overhead 30/20	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Seated w/o Abs**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx &amp; Scaled</b>		
		18 Barbell Shoulder Press 20/15		
		18 Wheelchair Burpees		
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		25/20 Cal Row	25/20 Cal Row	
		20 Alt Kb Swings 8/6kg	20 Alt Kb Swings 6/4kg	
		25 Wheels on/off the Plate	15 Wheels on/off the Plate	
		20 Barbell Lap to Overhead 10/5kg	12 Barbell Lap to Overhead 10/5kg	
		<b>TIME</b>		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Seated with Abs**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>Rx</b>	<b>Scaled</b>	
		18 Barbell Shoulder Press 25/20	18 Barbell Shoulder Press 20/15	
		18 Wheelchair Burpees	18 Wheelchair Burpees	
		<b>TIME</b>		

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>Rx</b>	<b>Scaled</b>	
		30/25 Cal Row	30/25 Cal Row	
		30 Alt Kb Swings 16/12kg	30 Alt Kb Swings 8/6kg	
		30 Wheels on/off the Plate	20 Wheels on/off the Plate	
		20 Barbell Lap to Overhead 15/10kg	12 Barbell Lap to Overhead 10/5kg	
<b>TIME</b>				

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Seated Tetraplegic**

<b>A</b>	FOR TIME FROM 0:00-4:00	<b>With Triceps</b>	<b>Without Triceps</b>	
		6 Cal Ski Erg	6 Cal Ski Erg	
		15 Barbell Shoulder Press 10/8kg	15 KB High Pulls 6/4kg	
	<b>TIME</b>			

4 MINUTE BREAK UNTIL 8:00

<b>B</b>	FOR TIME FROM 8:00-20:00	<b>With Triceps</b>	<b>Without Triceps</b>	
		12/8 Cal Row	30/25 Cal Row	
		15 Alt DB Snatch 6/4kg	20 Alt DB Clean 6/4kg	
		15 Wheels on/off the Plate	15 Wheels on/off the Plate	
		10 Barbell Lap to Overhead 10/5kg	15 Barbell Lap to Shoulder 6/4kg	
	<b>TIME</b>			

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_