

Workout 1: Up and Over

Division	Weights M/F	Division	Weights M/F
Elite	60/45 kgs	Advance	50/35 kgs
Intermediate	45/30 kgs	Master 35-39	50/35 kgs
Teen 16-17	50/35 kgs	Beginner	30/20 kgs
Master 40-44	45/30 kgs	Teen 14-15	45/30 kgs
Master 45-49	45/30 kgs	Masters 60+	30/20 kgs
Master 50-54	45/30 kgs		

AMRAP 12MIN

	Movement	Completed
10	GTOH	10
15	Lateral BB Burpees	25
10	Air squats	35
10	GTOH	45
15	Lateral BB Burpees	60
10	Air squats	70
10	GTOH	80
15	Lateral BB Burpees	95
10	Air squats	105
10	GTOH	115
15	Lateral BB Burpees	130
10	Air squats	140
10	GTOH	150
15	Lateral BB Burpees	165
10	Air squats	175
10	GTOH	185
15	Lateral BB Burpees	200
10	Air squats	210
10	GTOH	220
15	Lateral BB Burpees	235
10	Air squats	245
10	GTOH	255
15	Lateral BB Burpees	270
10	Air squats	280
10	GTOH	290
15	Lateral BB Burpees	305
10	Air squats	315

Reps: _____

Athlete: _____

Signature: _____

Division: _____

Judge: _____

Signature: _____