



Week 1- 25.3

9.25 7PM CT - 10.1 8PM CT

Pro, RX, Pro Teams, RX Teams,

Intermediate, Intermediate Teams, Teens 16-17

Masters Team, Masters 35-39, 40-44, 45-49, 50-54

12 TIME CAP

3:00	9 Dual DB Thrusters		9
	18 Toes to Bar		27
	9 Dual DB Thrusters		36
	18 Toes to Bar		54

TIE BREAK TIME: _____

6:00	12 Dual DB Thrusters		66
	15 Pull Ups		81
	12 Dual DB Thrusters		93
	15 Pull Ups		108

TIE BREAK TIME: _____

9:00	15 Dual DB Thrusters		123
	12 C2B Pull Ups		135
	15 Dual DB Thrusters		150
	12 C2B Pull Ups		162

TIE BREAK TIME: _____

12:00	18 Dual DB Thrusters		180
	9 Bar Muscle Ups		189
	18 Dual DB Thrusters		207
	9 Bar Muscle Ups		216

Time: _____ or Total Reps _____

Tiebreak Time: _____

Athlete Signature: _____ Judge: _____



Week 1- 25.3

9.25 7PM CT - 10.1 8PM CT
Rookie, Rookie Teams, Teens 14-15
Masters 55-59, 60+

12 TIME CAP

3:00	9 Dual DB Thrusters		9
	15 Toes to Bar		24
	9 Dual DB Thrusters		33
	15 Toes to Bar		48

TIE BREAK TIME: _____

6:00	12 Dual DB Thrusters		60
	12 Pull Ups		72
	12 Dual DB Thrusters		84
	12 Pull Ups		96

TIE BREAK TIME: _____

9:00	15 Dual DB Thrusters		111
	9 C2B Pull Ups		120
	15 Dual DB Thrusters		135
	9 C2B Pull Ups		144

TIE BREAK TIME: _____

12:00	18 Dual DB Thrusters		162
	6 Bar Muscle Ups		168
	18 Dual DB Thrusters		186
	6 Bar Muscle Ups		192

Time: _____ or Total Reps _____

Tiebreak Time: _____

Athlete Signature: _____ Judge: _____



Week 1- 25.3

9.25 7PM CT - 10.1 8PM CT

Community Division, Kids 11-13 Division

12 TIME CAP

3:00	9 Dual DB Thrusters		9
	5 Burpee to Plate		14
	9 Dual DB Thrusters		23
	5 Burpee to Plate		28

TIE BREAK TIME: _____

6:00	12 Dual DB Thrusters		40
	5 Burpee to Plate		45
	12 Dual DB Thrusters		57
	5 Burpee to Plate		62

TIE BREAK TIME: _____

9:00	15 Dual DB Thrusters		77
	5 Burpee to Plate		82
	15 Dual DB Thrusters		97
	5 Burpee to Plate		102

TIE BREAK TIME: _____

12:00	18 Dual DB Thrusters		120
	5 Burpee to Plate		125
	18 Dual DB Thrusters		143
	5 Burpee to Plate		148

Time: _____ or Total Reps _____

Tiebreak Time: _____

Athlete Signature: _____ Judge: _____



Week 1- 25.3
9.25 7PM CT - 10.1 8PM CT
 Kids Under 8 Division, Kids 8-11 Division

12 TIME CAP

3:00	9 Single DB Thrusters		9
	5 Burpee to Plate		14
	9 Single DB Thrusters		23
	5 Burpee to Plate		28

TIE BREAK TIME: _____

6:00	12 Single DB Thrusters		40
	5 Burpee to Plate		45
	12 Single DB Thrusters		57
	5 Burpee to Plate		62

TIE BREAK TIME: _____

9:00	15 Single DB Thrusters		77
	5 Burpee to Plate		82
	15 Single DB Thrusters		97
	5 Burpee to Plate		102

TIE BREAK TIME: _____

12:00	18 Single DB Thrusters		120
	5 Burpee to Plate		125
	18 Single DB Thrusters		143
	5 Burpee to Plate		148

Time: _____ **or Total Reps** _____

Tiebreak Time: _____

Athlete Signature: _____ **Judge:** _____