



**Week 2- 25.6**  
**10.2 7PM CT - 10.8 8PM CT**  
**Pro/RX, Pro Teams, RX Teams,**  
**Masters 35-39, Masters 40-44 Divisions**

## 15 MINUTE CAP

30 Dual DB Box Step Overs		30
20 50' Shuttle Runs		50
50 Chest to Bar Pull Ups		100
20 50' Shuttle Runs		120
30 Dual DB Box Step Overs		150

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_



**Week 2- 25.6**  
**10.2 7PM CT - 10.8 8PM CT**  
**Intermediate, Intermediate Teams,**  
**Masters 45-49, Masters 50-54, Masters Teams,**  
**Teens 16-17 Division**

## 15 MINUTE CAP

<b>30 Dual DB Box Step Overs</b>		30
<b>20 50' Shuttle Runs</b>		50
<b>50 Pull Ups</b>		100
<b>20 50' Shuttle Runs</b>		120
<b>30 Dual DB Box Step Overs</b>		150

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_



**Week 2- 25.6**  
**10.2 7PM CT - 10.8 8PM CT**  
**Rookie, Rookie Teams,**  
**Masters 55-59, Masters 60+,**  
**Teens 14-15 Division**

**15 MINUTE CAP**

<b>30 Dual DB Box Step Overs</b>		30
<b>20 50' Shuttle Runs</b>		50
<b>30 Pull Ups</b>		80
<b>20 50' Shuttle Runs</b>		100
<b>30 Dual DB Box Step Overs</b>		130

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_



**Week 2- 25.6**  
**10.2 7PM CT - 10.8 8PM CT**  
**Community Division**

## 15 MINUTE CAP

<b>30 Dual DB Box Step Overs</b>		30
<b>20 50' Shuttle Runs</b>		50
<b>30 Jumping Pull Ups</b>		80
<b>20 50' Shuttle Runs</b>		100
<b>30 Dual DB Box Step Overs</b>		130

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_



**Week 2- 25.6**  
**10.2 7PM CT - 10.8 8PM CT**  
**Kids Under 8, Kids 8-10, Kids 11-13 Divisions**

**15 MINUTE CAP**

<b>30 Box Step Overs</b>		30
<b>20 50' Shuttle Runs</b>		50
<b>30 Jumping Pull Ups</b>		80
<b>20 50' Shuttle Runs</b>		100
<b>30 Box Step Overs</b>		130

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_