



SHOWCASE YOUR FITNESS

THE BATTLE 2024

WORKOUT RELEASE

EVENT 1 - GYMNASTICS - TEAMS

In a 10 Minute time cap, complete as many reps as possible:

2 x Scoring Opportunity

- A. AMRAP
- B. Assault Bike Max Calories

BUY IN: 1 Round of
 20 Dumbbell Snatch (3 Sync)
 60 Pull Ups (2 Sync)
 20 Dumbbell Snatch (3 Sync)

* Assault Bike Unlocked, swop athletes as required.

INTO: AMRAP
 15 Dumbbell Snatches (Partner holds Dumbbells in Farmers position.)
 15 Chest to Bar Pull Ups (Shared)

SCORE A = Reps accumulated in AMRAP
 SCORE B = Reps accumulated on Assault Bike

Event Variations:

Open Division

- ♂ Dumbbells 2 x 22.5kgs, 1 x 30kgs, 60 Pull Ups (Sync), 15 Chest to Bar
- ♀ Dumbbells 2 x 15kgs, 1 x 22.5kgs, 40 Pull Ups (Sync), 15 Chest to Bar

Masters Division 35+

- ♂ Dumbbells 2 x 22.5kgs, 1 x 30kgs, 60 Pull Ups (Share), 10 Chest to Bar
- ♀ Dumbbells 2 x 15kgs, 1 x 22.5kgs, 40 Pull Ups (Share), 10 Chest to Bar

Masters Division 45+

- ♂ Dumbbells 2 x 22.5kgs, 1 x 15kgs, 40 Pull Ups (Share), 15 Pull Ups
- ♀ Dumbbells 2 x 15kgs, 1 x 10kgs, 30 Pull Ups (Share), 10 Pull Ups

Scaled Division

- ♂ Dumbbells 2 x 22.5kgs, 1 x 15kgs, 60 Pull Ups (Share), 10 Chest to Bar Pull Ups
- ♀ Dumbbells 2 x 15kgs, 1 x 10kgs, 40 Pull Ups (Share), 10 Chest to Bar Pull Ups

Foundational Division

- ♂ Dumbbells 2 x 15kgs, 1 x 10kgs, 60 Jumping Pull Ups (Share), 10 Jumping Pull Ups
- ♀ Dumbbells 2 x 10kgs, 1 x 15kgs, 40 Jumping Pull Ups (Share), 10 Jumping Pull Ups

EVENT 1 - GYMNASTICS - TEAMS

Presented By



EVENT FLOW:

Team members A, B and C will start behind the starting line. At the call of 3,2,1 GO, the 10 MIN AMRAP will begin.

All 3 Team members will begin with the BUY IN, starting with the 3 way synchronised Dumbbell Snatches, into the 2 way synchronised Pull Ups and finishing the buy in with another set of 3 way synchronised Dumbbell Snatches. Teams may switch weights and athletes as they require.

Once the BUY IN is complete, teams unlock the Assault bike to accumulate Max calories in the time remaining. Teams may switch athletes as required. The calories at the end of the AMRAP will be scoring opportunity B.

While 1 Athlete is on the Assault bike, the remaining 2 athletes will accumulate max reps of Dumbbell Snatches (While athlete B holds Dumbbells in Framers Position) and Chest to Bar Pull Ups.

Teams will continue until the 10 minute time cap is reached.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

Event 1 will be a double scoring event.

Score A: The number of repetitions completed at the 10 minute cap.

Score B: The number of calories completed at the 10 minute cap.

Each will be scored independently of one another.

BUY IN COUNTS TOWARDS AMRAP SCORE A



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EVENT 1 - GYMNASTICS - MIXED

In a 10 Minute time cap, complete as many reps as possible:

2 x Scoring Opportunity

- A. Time
- B. AMRAP

BUY IN: 1 Round of
 20 Dumbbell Snatch (2 Sync)
 60 Pull Ups (Shared)
 20 Dumbbell Snatch (2 Sync)
 30 Calories Assault Bike (Shared)

INTO: AMRAP
 15 Dumbbell Snatches (Shared) (Partner B holds Dumbbells in Farmers position.)
 15 Chest to Bar Pull Ups (Shared)

SCORE A = BUY IN time to complete
 SCORE B = Reps accumulated in AMRAP

Event Variations:

♂ + ♀ **Mixed Division**
 Dumbbells 1 x 30kgs, 2 x 22.5kgs.

EVENT 1 - GYMNASTICS - MIXED

Presented By



EVENT FLOW:

Team members A and B will start behind the starting line. At the call of 3,2,1 GO, the 10 MIN AMRAP will begin.

Both Team members will begin with the BUY IN, starting with the synchronised Dumbbell Snatches, into the shared Pull Ups, back to another set of synchronised Dumbbell Snatches and finishing with a shared 30 calorie Assault Bike. Teams may switch weights and athletes as they require. SCORE A will be the time taken to complete the above.

Once the BUY IN is complete, teams unlock the AMRAP to accumulate Max Reps of Dumbbell Snatches (Partner B holds Dumbbells in Farmers position) and Chest to Bar Pull Ups in the time remaining. Teams may switch athletes as required.

Teams will continue until the 10 minute time cap is reached.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

Event 1 will be a double scoring event.

Score A: The time taken to complete the BUY IN.

Score B: The number of REPS completed at the 10 minute cap.

Each will be scored independently of one another.



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WORKOUT RELEASE

EVENT 1 - FUNCTIONAL FITNESS

In a 30 minute Time Cap, complete the following:

300/210 Cals Assault (Shared)

500m Sled Push (Shared)

300 Box Jump Overs (Shared)

Athlete A Holds Dumbbell Farmers position while Athletes B + C perform shared box jump overs.

Event Variations:

Open Division

♂
♀
Dumbbells 2 x 22.5kgs, 50kgs Sled, 24 Inch Box
Dumbbells 2 x 15kgs, 50kgs Sled, 18 Inch Box

EVENT 1 - FUNCTIONAL FITNESS

Presented By



EVENT FLOW:

Athletes A, B and C will start in the holding area. At the call of 3,2,1 GO, the 30 minute workout for time will begin.

All 3 athletes will move to the assault bike and begin accumulating 300 calories shared as required. Once complete, the team may proceed to the sled push station.

The sled pushes will be performed in 10m increments, with 1 athlete working at a time to accumulate a total of 500m (50 lengths) between them. One athlete needs to complete the full length before switching. Once they have reached 500m, they can proceed to the box overs.

All 3 athletes will finally accumulate 300 Box Jump Overs. Athlete A will hold the dumbbells in a farmers position while athletes B and C share the box jumps. The box will be advanced forward every 50 reps until 300 box overs are completed or the time cap is reached. Athletes may switch as required.

The time stops once all 3 Athletes are across the finish line.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

Event 1 will be a single scoring event.

The score will be either the total time taken to complete the workout or the time cap plus the number of incomplete reps (CAP+reps).