

WORKOUT 1

Snatch Ladder **RX** Division

In **12 minutes** complete the following

Team Members **A + B**

30 Squat Snatches 60kgs / 40kgs

30 Power Snatches 75kgs / 50kgs

40 Overhead Squats 40kgs / 30 kgs

Team Member **C**

1 Rep Max Snatch



2021

2 Scoring Opportunities

Time + Weight

WORKOUT 1

Snatch Ladder **INTERMEDIATE** Division

In **12 minutes** complete the following

Team Members **A + B**

30 Squat Snatches 50kgs / 30kgs

30 Power Snatches 65kgs / 40kgs

40 Overhead Squats 40kgs / 25 kgs

Team Member **C**

1 Rep Max Snatch



2 Scoring Opportunities
Time + Weight

WORKOUT 1

Snatch Ladder **BEGINNER** Division

In **12 minutes** complete the following, as many reps as possible

Team Members **A + B**
on arena floor

Team Member **C**
in holding area

30 Squat Snatches 20kgs / 15kgs

30 Squat Snatches 30kgs / 20kgs

30 Snatches 40kgs / 25kgs

30 Snatches 45kgs / 30kgs

30 Snatches 50kgs / 35kgs

30 Snatches 55kgs / 40kgs

30 Snatches 60kgs / 45kgs

Scoring Opportunity
Reps



WORKOUT 1

Snatch Ladder **MASTERS** Division

In **12 minutes** complete the following

Team Members **A + B**

30 Squat Snatches 50kgs / 30kgs

30 Power Snatches 65kgs / 40kgs

40 Overhead Squats 40kgs / 25 kgs

Team Member **C**

1 Rep Max Snatch



2021

2 Scoring Opportunities

Time + Weight

WORKOUT 1

Snatch Ladder **ONLINE** Division

In **12 minutes** complete the following

Team Members **A + B**

30 Squat Snatches 50kgs / 35kgs

30 Power Snatches 70kgs / 45kgs

40 Overhead Squats 40kgs / 25 kgs

Team Member **C**

1 Rep Max Snatch



2 Scoring Opportunities
Time + Weight

WORKOUT 1

Snatch Ladder **INDIVIDUAL** Division

In **10 minutes** complete the following

30 Snatches 50kgs / 35kgs

30 Overhead Squats 50kgs / 35 kgs

1 Rep Max Snatch



2 Scoring Opportunities
Time + Weight

WORKOUT 1

Snatch Ladder **YOUTH** Division

In **10 minutes** complete the following

Minutes 0 - 5

1 Rep Max Snatch

Minutes 5 - 10

	U15	U17
30 Snatches	25kgs / 15kgs	35kgs / 25kgs
30 Overhead Squats	25kgs / 15kgs	35kgs / 25kgs



2 Scoring Opportunities
Time + Weight

WORKOUT 2

EARTH WORM JIM

RX Division

In **9 minutes** complete the following, as many reps as possible
Team Members **A + B + C**

50 (m) / 40 (f) Bike Erg Calories

13 Worm Clean and Jerks

5 meter Worm Lunge

*2 person worm

*Share all reps as required



Scoring Opportunity
Reps

WORKOUT 2

EARTH WORM JIM **INTERMEDIATE** Division

In **9 minutes** complete the following, as many reps as possible
Team Members **A + B + C**

50 (m) / 40 (f) Bike Erg Calories

10 Worm Clean and Jerks

5 meter Worm Lunge

*2 person worm

*Share all reps as required



2021

Scoring Opportunity
Reps

WORKOUT 2

EARTH WORM JIM

BEGINNER Division

In **9 minutes** complete the following, as many reps as possible
Team Members **A + B + C**

50 (m) / 40 (f) Bike Erg Calories

6 Worm Clean and Jerks

5 meter Worm Lunge

*2 person worm

*Share all reps as required



Scoring Opportunity
Reps

WORKOUT 2

EARTH WORM JIM

MASTERS Division

In **9 minutes** complete the following, as many reps as possible
Team Members **A + B + C**

50 (m) / 40 (f) Bike Erg Calories

10 Worm Clean and Jerks

5 meter Worm Lunge

*2 person worm

*Share all reps as required



Scoring Opportunity
Reps

WORKOUT 2

DEATH BY CLEAN & JERK **ONLINE** Division

Complete the following, with **NO** time cap

Team Members **A + B + C**

Clean & Jerk 60Kgs / 45Kgs

	Round 1	Round 2	Round 3	Round 4	Round 5-9	Round 10
A	1 rep	2 reps	3 reps	4 reps →	10 reps
B	1 rep	2 reps	3 reps	4 reps →	10 reps
C	1 rep	2 reps	3 reps	4 reps →	10 reps



Scoring Opportunity
Time

WORKOUT 2

FULL SEND **INDIVIDUAL** Division

In **8 minutes** complete the following as fast as possible

2000m Bike Erg

120m Sled Push 25kgs / 25kgs



Scoring Opportunity
Time

WORKOUT 2

FULL SEND **YOUTH** Division

In **8 minutes** complete the following as fast as possible

1500m Bike Erg

U15

U17

Sled Push 60 m 20kgs / 20kgs

90 m 25kgs / 25kgs



Scoring Opportunity
Time

WORKOUT 3

SYNC AF

RX Division

In **11 minutes** complete the following as fast as possible

Team Members **A + B + C**

2 Sync

25 Burpees over the bar

2 Sync

25 Axle Shoulder to Overheads 50kgs / 40kgs

2 Sync

35 Kettlebell Snatches - 24Kgs x 2 / 16kgs x 2

Shared

35 Box Overs

Shared

150 (m) / 120 (f) Pull Ups

***Complete down and back up**



2021

Scoring Opportunity

Time

WORKOUT 3

SYNC AF INTERMEDIATE Division

In **11 minutes** complete the following as fast as possible
Team Members **A + B + C**

2 Sync

25 Burpees over the bar

2 Sync

25 Axel Shoulder to Overheads 50kgs / 40kgs

2 Sync

35 Kettlebell Snatches - 24Kgs x 2 / 16kgs x 2

Shared

35 Box Overs

Shared

120 (m) / 90 (f) Pull Ups

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 3

SYNC AF **BEGINNER** Division

In **11 minutes** complete the following as fast as possible
Team Members **A + B + C**

2 Sync

25 Burpees over the bar

2 Sync

25 Axel Shoulder to Overheads 40kgs / 30kgs

2 Sync

35 Kettlebell C & J - 16+12 Kgs / 12+8 Kgs

Shared

35 Gorilla Box Overs

Shared

90 (m) / 90 (f) Pull Ups

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 3

SYNC AF **MASTERS** Division

In **11 minutes** complete the following as fast as possible
Team Members **A + B + C**

2 Sync

25 Burpees over the bar

2 Sync

25 Axel Shoulder to Overheads 50kgs / 40kgs

2 Sync

35 Kettlebell Snatches - 24Kgs x 2 / 16kgs x 2

Shared

35 Box Overs

Shared

120 (m) / 90 (f) Pull Ups

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 3

SYNC AF **ONLINE** Division

In **13 minutes** complete the following as fast as possible
Team Members **A + B + C**

2 Sync

25 Burpees over the bar

2 Sync

25 Dumbbell Shoulder to Overheads 22.5kgs / 15kgs

3 Sync

35 Alt Dumbbell Snatch 22.5kgs / 15kgs

Shared

35 Box Overs

Shared

135 (m) / 100 (f) Pull Ups

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 3

BATTLE CHIPPER

INDIVIDUAL Division

In **12 minutes** complete the following as fast as possible

30 Burpees over the bar

30 Axel Shoulder to Overheads 40kgs / 30kgs

30 Box Overs

30 Pull Ups

15 / 10 Ring Muscle Ups

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 3

BATTLE CHIPPER

YOUTH Division

In **10 minutes** complete the following as fast as possible

	U15	U17
20 Burpees over the bar		
20 Axel Shoulder to Overheads	20 / 10Kgs	30 / 20Kgs
20 Box Overs	Gorilla Box Overs	
Pull Ups	20 / 10	40 / 30

***Complete down and back up**



Scoring Opportunity
Time

WORKOUT 4

HWPO

ALL Divisions

In **12 minutes** complete the following, as many calories as possible

Team Members **A + B + C**

Ski Erg Calories

Assault Bike Calories

Run Transition

***This workout will be scored across ALL divisions. 300 points available.**



Scoring Opportunity

Max Calories - Ski + Assault

WORKOUT 5

MIDLINE EXPRESS

RX Division

In **10 minutes** complete the following, as many reps as possible

Team Members **A + B + C**

2 Sync

30 Toes to bar

2 Sync

30 Deadlifts 170kgs (m) / 125kgs (f)

3 Sync

30 Air Squats

Scoring Opportunity

Reps



2021

WORKOUT 6

SPRINT **RX** Division

In **5 minutes** complete the following, as fast as possible

Team Member A	200m Sprint
Team Member B	200m Sprint
Team Member C	200m Sprint

Scoring Opportunity
Time

