

Presented by



Workout 5

Pairs (RX & Scaled Scorecard)

Team Name: _____

WORKOUT 5

FOR TIME:

- 2 Synchro Wall Walk & 10 Box Jump Over
- 4 Synchro Wall Walk & 20 Box Jump Over
- 6 Synchro Wall Walk & 30 Box Jump Over

Time Cap: 12 Minutes

Wall Walk	Box Jump Over	COMPLETED
2	10	
4	20	
6	30	

EQUIPMENT:

Box 24"

Total Reps at 12 Minutes _____

Time _____

SCALING:

- Box 20'
- Walk Out
- Step Over

Team Captain Name: _____

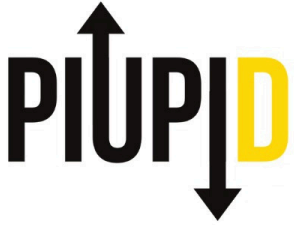
Signed: _____

Judges Name: _____

Signed: _____

I confirm the information above accurately represents the athlete's performance for this workout.





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FOR TIME:

2 Synchro Wall Walk & 10 Box Jump Over
4 Synchro Wall Walk & 20 Box Jump Over
6 Synchro Wall Walk & 30 Box Jump Over

Time Cap: 12 Minutes

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Pairs will then start their synchro Wall Walks (walk outs)
- The Synchronicity is when BOTH athletes have BOTH hands on the line closest to the wall AND when starting a rep on the floor (the Walkout synchronicity is when both athletes are passed the walkout line and in standing position, shoulders in line with hips and hips and knees locked out at the same time)
- Hands cannot move from the starting line until BOTH feet are off the ground and on the wall
- Hands must also be back on the starting line before feet come down to complete a rep
- The Box Jump Over reps count when BOTH athletes have completed the Jump Over e.g one athlete jumps on to the box then off the box, the rep is NOT complete until athlete two has jumped onto and off the box
- RX athletes must jump onto the box and step down, jumping down is NOT permitted
- Scaled athletes can step or jump onto the box but MUST also step down
- BOTH feet must touch the top of the box whilst completing a rep
- JUMPING over the box is NOT permitted
- Once the pair have completed all reps, pair will run to the finish line to complete their time
- Score sheets must be signed by one of the Pair

EQUIPMENT:

Box 24"

SCALING:

Box 20'
Walk Out
Step Over