

Play on the Gold Coast in 2014!



2014 PAN PACIFIC MASTERS GAMES_FITNESS CHALLENGE WORKOUTS

WORKOUT 1

Max Clean And Jerk

WORKOUT 2

12min AMRAP
60m Run
50 Kettlebell Swings
40 Box Jump Overs
30 Burpees
20 Toes To Bar
10 Chest To Bar Pull Ups/Pull Ups

WORKOUT 3

3min Max Calories On Assault Air Bike

WORKOUT 4

For Time
1 Arm Alternating Dumbbell Snatch
(Incrementing 1-10)
Zercher Carry Dead Ball 10m

WORKOUT 5

Max Snatch

WORKOUT 6

90 Second Speed Ladder – Deadlift
30 Second Max Burpees

WORKOUT 7

12 Min AMRAP
The Crossfit Open WOD 12.4/13.3
150 Wall Balls
90 Double Unders
30 Muscle Ups

WORKOUT 8

7 Min AMRAP
15 Sit Ups
10 Front Squats
5 Shoulder To Overhead

WORKOUT 9

For Time
2.5km Run
300m Swim
2.5km Run

Play it, Live it, Love it!

