

# 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**    **3/5min 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**    **12min AMRAP**  
The CrossFit Open WOD 12.4/13.3  
150 Wall Balls  
90 Double Unders  
30 Muscle Ups

**Workout 8**    **7min AMRAP**  
15 Sit Ups  
10 Front Squats  
5 Shoulder to overhead

**Workout 9**    **For Time**  
2.5km run  
300m swim  
2.5km run

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## **WORKOUT 1**

**Max**  
Clean and Jerk

### **Individuals**

On 3, 2, 1, GO each athlete may step onto the lifting platform and begin to load their bar. Each athlete will have 4 minutes to attempt 3 lifts. No other person can enter onto the lifting platform during the 4min period.

### **Individual Scoring**

The highest successful weight lifted will be your score.

### **Teams**

On 3, 2, 1, GO the first athlete may step onto the lifting platform and begin to load their bar. Only one athlete can be on the platform and/or changing the weight at any time. After athlete 1 has completed their first attempt and exited the lifting platform, athlete 2 can enter, set their bar weight and make their first attempt. Each athlete will have a maximum of 3 attempts within the 4min timeframe.

### **Team Scoring**

Each athlete's best lift will be combined for your total score.

### **Movement Standard**

The bar must start from the ground for each rep. You can squat clean or power clean. The bar must travel from the ground to a front rack position first. The front rack position will be knees and hips locked with elbows in front of the bar and in control. Once a front rack position is achieved successfully the athlete may press, push press or push jerk the bar to the overhead position. All of these movements must finish with feet together, knees and elbows locked out and under control. Always wait for the official's call of a good rep before dropping the bar.

**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 weights**

#### **Kettle Bell**

Males 30-49 years: 24kg

Males 50+: 16kg

Females 30-49 years: 16kg

Females 50+: 12kg

#### **Box Size**

20 inch for all athletes

#### **Pull Ups**

Males 30-49 years: Chest to Bar Pull Ups

Males 50+: Pull Ups

Females 30-49 years: Chest to Bar Pull ups

Females 50+: Pull ups

#### **Individual**

At 3,2,1, GO athletes run 60m to their kettle bell and complete 50 kettle bell swings. Once complete athletes move down field to their box and complete 40 box jump overs. Athletes will then proceed to their allocated area for their burpees and perform 30 reps. Once this is complete athletes may proceed to the pull up bar and do 20 toes to bar, followed by 10 chest to bar pull ups. If an athlete completes all of these reps in the 12 minutes allocated they begin the round again.

#### **Individual Scoring**

Your score is the total reps completed.

#### **Teams:**

\*\*The rep scheme is the same as the individuals.

On 3,2,1, GO both athletes will run down to their teams kettle bell. Athlete 1 will perform all of the kettle bell swings while athlete 2 is waiting at the box jump over station. Once athlete 1 has completed they must run to athlete 2 and tag them. Athlete 2 will then complete 40 box jump overs while athlete 1 moves on to the burpee station. Once athlete 2 has completed the box jump overs they must run and tag athlete 1 who will then perform the 30 burpees while athlete 2 moves on to the pull up rig. Once athlete 1 has completed the burpees they will tag athlete 2 who will complete 20 toes to bar. Once complete athlete 2 will tag athlete 1 who will then complete 10 chest to bar pull-ups. If all reps are complete both athletes will start round 2. In round 2, athlete 2 will begin with the kettle bell swings.

#### **Team Scoring**

Your team's score is the total reps completed.

**WORKOUT 3 Immediately Follows WORKOUT 2**

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## **WORKOUT 3**

### **3/5min Max**

Calories on Assault Air Bike

#### **Individual:**

At the completion of each WORKOUT 2 heat, there will be a 1 minute transition period for athletes to make their way to the Assault Air Bikes. On 3,2,1, GO athletes will have 3 minutes to accumulate as many calories as possible.

#### **Individual Scoring**

Your score is the total calories.

#### **Teams**

At the completion of each WORKOUT 2 heat there will be a 1 minute transition period for athletes to make their way to the Assault Air Bikes. On 3,2,1 GO teams will have 5 minutes to accumulate as many calories as possible. Teams may **ONLY CHANGE ATHLETES ONCE** during the 5 minutes. This can be done at any time.

#### **Team Scoring**

Your team's score is the total calories.

## WORKOUT 4

### For Time

#### 10 Minute cut off

1 arm alternating Dumbbell Snatch (Incrementing 1 – 10)  
Zercher carry dead ball 10m

## WORKOUT Weights

### Dumbbells

Males 30-39 years: 25kg

Males 40-49 years: 20kg

Males 50-59 years: 15kg

Males 60+ years: 10kg

Females 30-39 years: 20kg

Females 40-49 years: 15kg

Females 50 – 59 years: 10kg

Females 60+ years: 10kg

### Dead Balls

Males 30-39 years: 55kg

Males 40-49 years: 55kg

Males 50-59 years: 35kg

Males 60+ years: 35kg

Females 30-39 years: 35kg

Females 40-49 years: 35kg

Females 50 – 59 years: 20kg

Females 60+ years: 20kg

## Individuals

At 3,2,1, GO the athlete completes 1 DB snatch on each arm. Once complete, the athlete will pick up the dead ball and Zercher carry it 10m. The athlete will then drop the dead ball and return to the start line. The athlete then completes 2 DB snatch on each arm, return to pick up the dead ball and Zercher carry it a further 10m down the track. This will be repeated all the way through until the athlete has completed 10 dumbbell snatch on each arm and carried the dead ball across the finish line. Once this is done the athlete must return to their dumbbells at the other end of the 100m track, pick them up and carry them back over the finish line to where their dead ball is. Time is stopped once the athlete crosses the finish line with their dumbbells.

## Teams

Athlete 1 will commence the WORKOUT and complete the first round of one alternating dumbbell snatch. Athlete 1 will then pick up the dead ball and zercher carry the ball out 10 metres, then return it 10 meters to the start line. While Athlete 1 is completing the zercher carry, athlete 2 will commence their first round of one alternating dumbbell snatch. Athlete 2 will then pick up the ball, zercher carry it 10 metres, drop the ball at the 10 metre mark and sprint back to the line. While athlete 2 is completing their zercher carry, athlete 1 may commence their second round of 2 alternating dumbbell snatches. Once complete, athlete 1 will run out to the 10 metre line, advance the ball to 20metres, before returning it to the 10m line, while athlete one completes their snatches. Athlete 2 will then pick up the ball from the 10 metre line, advance it 10 metres to the 20 metre line, and leave the ball there. This continues through to with athletes continuing on til 10 reps each have been completed. Athlete one will always carry the ball 10m and return it 10m. Athlete 2 will always carry the ball 10m and leave it at the next point. Once the round of 10/10 is complete and the dead ball has been moved across the finish line, only one athlete is required to run down the track, pick up the dumbbell and run it back across the finish line.

## Scoring

Your time will be your final score. In the event the WORKOUT is not finished before the cut off the number of reps remaining will be converted to seconds and added to the time cap.

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## WORKOUT 5

### Max Snatch

#### Individuals

On 3, 2, 1, GO each athlete may step onto the lifting platform and begin to load their bar. Each athlete will have 4 minutes to attempt 3 lifts. No other person can step onto the lifting platform during the 4min period.

#### Individual Scoring

The highest successful weight lifted will be your score.

#### Teams

On 3, 2, 1, GO the first athlete may step onto the lifting platform and begin to load their bar. Only one athlete can be on the platform and/or changing the weight at any time. After athlete 1 has completed their first attempt and exited the platform, athlete 2 can enter, set their bar weight and make their first attempt. Each athlete will have a maximum 3 attempts within the 4min timeframe.

#### Team Scoring

Each athlete's best lift will be combined for your total score.

#### Movement Standard

The bar must be start from the ground for each rep. You can choose to squat snatch or power snatch each rep. The bar must travel from the ground to an overhead position in one movement. If the bar is received with bent elbows but is above head height it may be pressed out to complete the rep. If a rep is caught below head height it is a NO REP. The finishing position for a successful rep is knees, hips and elbows fully locked out and in control. Always wait for the official's call of a good rep before dropping the bar.

## WORKOUT 6

### 90 Second Speed Ladder

Deadlift

30 Second

Max Burpees

#### Bar Weights:

For all athletes, the ladder will commence at 40kg, and increase in 10kg increments up to the final bar of 240kg.

#### Individuals

On 3,2,1, GO each athlete will have 90 seconds to complete as many deadlifts in the deadlift ladder as possible. Once the athlete has successfully lifted the first bar they progress straight onto the second bar. You cannot skip any bars or move on without successfully lifting a previous weight. Athletes will continue as far up the increasing ladder as possible within the 90 seconds. If an athlete fails to lift a bar successfully then they cannot progress any further or have any other attempts deadlifting. Once an athlete fails they must begin lateral bar burpees for the remainder of the 90 seconds. Once the 90 seconds is up all athletes will have an additional 30 seconds to complete as many lateral bar burpees as possible.

\*\*If an athlete completes the heaviest weight they will continue to lift the same bar as many times as they can in the remaining 90 seconds. They will score 1 additional point for each time the bar is lifted.

#### Individual Scoring

Your score is the highest successful deadlift. Athletes who score the same deadlift weight will be separated by the number of lateral bar burpees completed ie an athlete who completes 200kgs and 20 burpees will be scored as 200.20. An athlete who lifts the 240kg bar 5 times, and completes 20 burpees will be scored at 245.20.

#### Teams

Each athlete will compete separately for this WORKOUT. The standard is the same as the individual workout.

#### Team Scoring

Each team member's individual score will be combined to give a combined total weight lifted. The teams that have the same combined weight score will be separated by the combined total of burpees.

#### Movement Standards

##### Deadlift

The deadlift grip must be wider than the athlete's feet. The bar starts on the ground and is lifted until the athlete's hips are fully open, their knees are locked out and their shoulders are behind the vertical plane of the bar. Athletes are not to drop the bar until a signal of a successful lift is signaled by the official.

##### Lateral Bar Burpees

Athletes begin the movement in a standing position. They will then proceed to lie with their chest on the ground. They must be parallel with the bar. Once their chest has touched the ground the athlete will stand up and jump over the bar. Both feet must take off and land together. There is no requirement for open hips. The rep is considered complete once the athlete has landed on the opposite side of the bar.

## WORKOUT 7

### 12min AMRAP

The CrossFit Open WORKOUT 12.4/13.3

150 Wall Balls

90 Double Unders

30 Muscle Ups

### WORKOUT Weights

Males 30-49 years: 9kg Wall ball at a 10ft target

Males 50+: 9kg Wall ball at a 9ft target

Females 30-49 years: 6kg Wall ball at a 9ft target

Females 50+: 4kg Wall ball at a 9ft target

### Individuals

On 3,2,1, GO athletes will begin their 150 wall ball shots. Once complete athletes will move onto their 90 double unders. After the double unders are complete, athletes will complete 30 ring muscle ups. If an athlete completes all 30 muscle ups they begin their second round of wall balls.

### Individual Scoring

Your score is total number of successful reps. Your split times will be recorded after the completion of the wall ball, double unders and muscle ups to separate athletes on the same score.

### Teams

On 3,2,1,GO athlete one will begin the 150 wall balls. Athletes can split the reps however they like. To change athletes the wall ball must be on the ground. Once the 150 wall balls are complete the athletes move on to 90 double unders and again can split the reps however they like. Once the 90 reps are complete the athletes move onto the 30 muscle ups, sharing the reps as desired. Once the round is complete the team will begin their second round of wall ball.

### Team Scoring

Your team score is the total number of successful reps. Your team's split times will be recorded after the completion of the wall ball, double unders and muscle ups to separate teams on the same score.

### Movement Standards

#### Wall Ball

The athlete will begin their first wall ball with the ball on the ground. Each wall ball begins with a full depth squat - with hip fold below knee. At the top of the movement the ball must hit the target. If the athlete drops the ball between reps they must wait for the ball to be at rest before they begin their next rep,(meaning you can't bounce the ball between reps to gain an advantage).

#### Double Unders

The standard double under standard applies. The rope must pass under the athlete's feet twice to be successful. Any missed attempts are a no rep.

#### Muscle Ups

The muscle up must begin from a full hang position, meaning the arms are straight at the bottom. The athlete then gets through to the top of the rings and locks out with straight elbows. At the bottom of each muscle up the athlete must have straight arms. This can be achieved through false grip, regular grip, turned out or not turned out. As long as the arms are locked out and straight, that meets the requirements. At the bottom of the movement when the athlete is hanging the judge must visibly see the feet off the ground. No other variations of the muscle ups are allowed, for example uprises. Please refer to the WORKOUT demo video for what is not allowed.



## **WORKOUT 8**

### **7min AMRAP**

15 Sit Ups  
10 Front Squats  
5 Shoulder to overhead

## **WORKOUT Weights**

Males 30-39 years: 70kg  
Males 40-49 years: 60kg  
Males 50-59 years: 50kg  
Males 60+ years: 40kg

Females 30-39 years: 45kg  
Females 40-49 years: 35kg  
Females 50 – 59 years: 25kg  
Females 60+ years: 20kg

## **Individuals**

At 3,2,1, GO athletes will complete 15 sit-ups. Once complete athletes will perform 10 front squats followed by 5 shoulder to overheads at the same weight. Bars will be cleaned from the ground. A squat clean is permitted for the first rep.

## **Individuals Scoring**

Your score is the total number of reps completed in the 7 minute time allocation.

## **Teams**

At 3,2,1, GO athletes will complete the same reps and sequence of movements as the individuals. Athlete 1 will complete the sit-ups, athlete 2 will complete the front squats, and athlete 1 will complete the shoulder to overhead. Once the first round is complete athlete 2 will begin the next round with the sit-ups, athlete 1 with the front squats and athlete 2 with the shoulder to overhead. The bar must be returned to the ground before any changeover can occur, including the start of the next round of sit-ups.

## **Team Scoring**

Your team's score is total number of reps completed within the 7 minute time allocation.

## WORKOUT 9

### For Time

2.5km run  
300m swim  
2.5km run

### Individuals

On 3,2,1, GO athletes will complete a 2.5km run. Once complete athletes will swim 300m. After exiting the pool athletes will complete another 2.5km run. At the completion of the run each age group will run into a stall designated for their age group. You must remain in order of completion for your placing to be recorded.

### Teams

On 3,2,1, Go athletes will begin running 2.5km. Athletes will be connected by a bungee cord. Athletes must remain connected for the duration of the run. Once the run is complete, athlete one will complete the 300m swim. After athlete one has exited the water they will tag athlete 2 who will then complete their 300m swim. Once athlete 2 has completed their 300m swim both athletes will reconnect their bungee cord and complete their final 2.5km run. At the completion of the run each age group will run into a stall designated for their age group. You must remain in order of completion for your placing to be recorded.

### Movement Standards

In the teams event the athletes can only run once they have their bungee cord connected. If the cord becomes detached the athletes must stop and reattach it before continuing with their run.

In the pool each athlete will complete their 300m swim by swimming up lane 1, back down lane 2, up lane 3, back down lane 4, up lane 5 and back down lane 6 to finish. All athletes must stay on the left hand side of the lane unless they are overtaking. Overtaking is to be done down the right side of each lane. Athletes who are not strong swimmers may use the lane ropes to assist them at any time.

**Team and Individual Scoring** Your scoring is the field place in which you finish the workout. No times will be taken.