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2018 Fitness Challenge Workouts

Thursday

WOD 1

- 10min AMRAP
- 5 Shoulder to overhead
- 10 Deadlift
- 15 Box Jumps

Individuals:

This workout begins from a standing position and with the barbell on the ground, loaded to the appropriate weight. For the Shoulder to overhead to count, the barbell will move from the shoulders to the overhead position with the knees, hips and shoulders extended in one line. After the 5 reps, athletes will use the same barbell to perform the Deadlift. After 10 Deadlifts they will move to the box. The athlete will start with two feet on the ground and come to a standing position with knees and hips locked out on top of the box. Two-foot jumps, one-foot jumps and step-ups are all permitted. Every rep counts in this workout.

Teams:

Athlete 1 will begin by completing 1 full round. Once complete, they will tag Athlete 2 who will then complete 1 full round. Athletes will continue to alternate rounds for the entire workout.

WOD Weights:

Males 30-49 years: 50kg/24inch
Males 50+: 40kg/20inch

Females 30-49 years: 35kg/20inch
Females 50+: 25kg/20inch

Movement Standards:

Shoulder to Overhead:

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.

Deadlift:

This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.

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Box Jump:

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.

Scoring:

Your score will be the total number of repetitions completed within the 10 minutes.

WOD 2

5 minute time cap

Grace (30 Clean and Jerk)

Heavy Grace (AMRAP Clean and Jerk in remaining time)

Individuals:

The athlete will start with the bar on the ground at the required weight. On GO, the athlete will commence 30 clean and jerks. Once the athlete has completed 30 reps, they will then reload the bar to the required weight for Heavy Grace. The athlete will then accumulate as many reps as possible in the remaining time. The total number of reps completed in 5 minutes will be recorded.

Teams:

Athlete 1 will begin by completing a minimum of 5 reps and a maximum of 10 repetitions. Once complete Athlete 1 will tag athlete 2 who will do the same. This rotation will continue until the first 30 reps are complete. When the team has completed the first 30 reps both athletes will change the bar/s to the required weights for the second half of the workout. Once this is completed, either athlete may begin lifting. There are no minimum or maximum rep requirements after the first 30 repetitions are complete. Athletes may sub in and out as they choose to accumulate the most amount of reps possible in the remaining 5 minutes.

Same gender pairs will use one bar, mixed gender pairs will use 2 separate bars set up with the female and male weights. Only 1 bar is allowed to be on the lifting platform at a time. Once an athlete completes their reps they must roll the bar off the platform. Athletes must face the opposite bar when lifting.

Movement Standard:

The bar must be taken from the ground for each rep. You can choose to squat clean or

power clean each rep. 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. The finishing position for any of these movements is to have the feet back together, in control with knees, hips and elbows locked. Always wait for the official's call of a good rep before dropping the bar.

WOD Weights:

Males 30-49 years: 60kg/80kg

Females 30-49 years: 40kg/55kg

Males 50+: 40kg/60kg

Females 50+: 30kg/40kg

Scoring:

The total number of reps completed will be your score. A time will be recorded at the completion of the first 30 reps. This will be used to determine tiebreaks.

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WOD 3

Complete as many rounds and reps as possible in 12 minutes of:

150 Wall Ball

90 Double Unders

30 Bar Muscle Ups

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 bar muscle ups. If an athlete completes all 30 bar muscle ups they begin their second round of wall balls.

Individual Scoring:

Your score is the total number of successful reps. Your split times will be recorded after the completion of the wall ball, double unders and bar 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 partition 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 partition the reps however they like. Once the 90 reps are complete the athletes move onto the 30 bar muscle ups, partitioning reps in any number. 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 bar 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. Meaning that the hips pass below the crease of the knees. At the top of the wall ball 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 movement and locks out with straight elbows. At the bottom of each muscle up the athlete must have straight arms. 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.

WOD Weights:

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

Males 50+: 6kg Wall ball at a 9ft target

May sub 1 Muscle Up for 2 Chest to Bar Pull Ups

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Females 30-49 years: 6kg Wall ball at a 9ft target
Females 50+: 4kg Wall ball at a 9ft target
May sub 1 Muscle Up for 2 Chest to Bar Pull Ups

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Friday

WOD 4

For time (25min cap)

Row 2km

Run 2km

Individuals

On 3,2,1, GO athletes will complete a 2km row. Once complete athletes will immediately run a 2km run course.

Teams:

On 3,2,1, Go athlete 1 will begin rowing 2km while athlete 2 will begin the 2km run course. Once both athletes are back at the rower and have completed their 2km row/run they will swap over and complete the other 2km row/run. Your time will stop once both athletes have completed each 2km row/run.

Movement Standards:

Individuals: Athletes may begin on the rower with feet strapped in. Athletes may not touch the handle until "go". Once 2km is complete, athletes will exit the rower straight onto the run course.

Teams: The athlete completing the row first may begin on the rower with their feet strapped in. The athlete can not touch the handle until "go". Once an athlete (either the runner or the rower) completes their 2km, they must wait at the rower until the other athlete has also completed their portion. Once both athletes have completed the first leg, they will swap over and repeat the process. The time will stop once both athletes have completed their second 2km leg.

Team and Individual Scoring:

Your score is the total time taken to complete the course. There is a 25 minute time cap on this workout.

WOD 5

5 minutes to find your maximum weight performing:

1 Squat Snatch + 2 Overhead squats.

Individuals

On 3, 2, 1, GO each athlete may enter onto the lifting platform with their bar loaded for their first lift. Each athlete will have 5 minutes to attempt their maximum lift. No other person can enter onto the lifting platform during the 5min period.

Individual Scoring:

The highest successful weight lifted will be your score.

Teams

On 3, 2, 1, GO the first athlete may enter onto the lifting platform with their bar loaded for their first lift. Athlete 2 must be standing in the designated area while athlete 1 is lifting. If athlete 2 is not in the designated waiting area the athletes lift will be called a no rep. Once the bar has returned to the ground, both athletes can be on the platform to change the weight. Athlete 2 cannot start their lift until athlete 1 is safely in the designated waiting area. Each athlete can have as many attempts within the 5min timeframe.

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Team Scoring:

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

Movement Standard:

The bar must be taken from the ground. To perform the snatch, the bar must travel from the ground to an overhead position in one movement and the athlete's hip crease must travel below the height of their knee (you may power snatch and squat the first rep). 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 the height of the head, it is a NO REP. The finishing position for a successful rep is knees, hips and elbows fully locked out and in control. Once the snatch is completed the athlete will continue to perform two overhead squats. The bar must stay in the locked out position above the head. To complete a successful rep, the athlete's hip must pass below the height of their knee before returning to a standing position with knees, hips and elbows locked out.

Always wait for the official's call of a good rep before dropping the bar.

WOD 6

For Time Complete (10min Cap)

21/15/9

Kettle Bell Swings

Pull Ups

Then

50m Hand Stand Walk (10 x 5m reps)

Individuals:

Athletes will begin this workout by completing 21 kettlebell swings. Once complete the athlete will complete 21 pull ups. The athlete will then complete another round of 15 kettlebell swings and 15 pull ups followed by 9 kettlebell swings and 9 pull ups. The athlete's time will be recorded at the completion of the 9 pull ups and will be used for any tiebreaks. The athlete will then move on to the handstand walks. The athlete will complete 10 repetitions of 5m handstand walks.

Pairs:

Athletes will begin this workout by completing 21 synchronised kettlebell swings. Once complete the pair will complete 21 pull ups while one athlete is in a pull up hold with their chin clearly above the bar (not touching). The athletes will then complete 15 synchronised kettlebell swings and 15 pull ups/pull up hold followed by 9 synchronised kettlebell swings and 9 pull ups/pull up holds. The team's time will be recorded at the completion of the 9 pull ups/pull up holds.

Please note: In the pairs workout, athletes can swap who is doing the pull ups and who is in the pull up hold position at any time.

Once the pair have finished the 9 pull ups, the athletes will then move on to complete 10 repetitions of 5m handstand walks. Athletes must take it in turn to complete 1 x 5m walk at a time. There will be 1m markers set up. Each 1m will accumulate 1 rep scored.

Movement Standard:

Kettlebell Swings:

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At the top of the swing, the kettlebell must be centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels. There is no requirement for flexing the knees.

Pull Ups/Pull Up Hold:

The athlete starts hanging from the bar with arms at full extension at the bottom of the movement. Chin is to be clearly over the horizontal plane of the bar at the top of the movement. Butterfly, kipping or strict pull ups are acceptable movements.

In the teams event one athlete must be holding their chin over the bar (not touching) for the other athlete to complete the pull ups. Underhand, overhand or mixed grip is allowed. If an athlete's chin is touching the bar, the pull ups will not count. Athletes can change who does the pull ups and who is in the pull up hold position at any time.

Handstand Walk:

The athlete must start with feet behind the line. When kicking up to begin the handstand, the athlete must also place their entire hand behind the line (palms and fingers). Stepping across the line or placing hand across the line when kicking up into the handstand will be called a no rep. If at any time the athlete comes down from the hands, they must restart from the last 1m increment crossed. Both hands, including palms and fingers must cross the increment to earn credit for that distance. Each 1m section will count as 1 rep.

Hand Release Push Ups:

For athletes in the 50+ age categories you will perform 50 hand release push ups instead of doing the handstand walks. To complete this movement you will begin with a straight body position, this must be maintained throughout the push-up. Thighs must not be touching the floor. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground and touch the kettle bell before you can start the next rep.

WOD Weights:

Kettle Bell:

Males 30-49 years: 24kg

Males 50+: 16kg

Females 30-49 years: 16kg

Females 50+: 12kg

Handstand Walks:

Male 50+ : 50 Hand release push ups

Female 50+: 50 Hand release push ups

Individual and Team Scoring:

Your time will be recorded at the end of the set of 9 pull ups. If the athlete/s finish the handstand walks, their total time will be recorded. If an athlete does not complete the workout, a 1 second penalty per rep remaining will be added to the time. Handstand walks will accumulate 1 rep per 1m complete.

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Saturday

WOD 7 & 8 (combined)

WOD 7

12min AMRAP

40 DB Snatch (alternating)

30 DB Box step overs

20 Toes to Bar (50+ athletes may sub 2 kettle bell toe touches for 1 toes to bar)

10 Chest to Bar (50+ categories pull Ups)

WOD 8

Individual

3 min Max Calorie Row

Pairs

6 min Max Calorie Row

Individuals:

On "Go" the athletes will complete 40 one-arm dumbbell snatches (alternating). Once complete the athlete will pick up a second dumbbell and complete 30 box step overs while carrying the 2 dumbbells. After the athlete has completed the box step overs, they will proceed to complete 20 toes to bar and then finish the round with 10 chest to bar pull ups. If the athlete is able to complete a full round, they will begin the round again with 40 one-arm dumbbell snatches. At the completion of the 12 minutes athletes will proceed to WOD 8 immediately and row for maximum calories in 3 minutes.

Pairs:

On "Go" athletes will begin on the 40 synchro one-arm dumbbell snatches. Once the team has accumulated 40 reps athlete 1 will pick up their second dumbbell and complete 15 dumbbell box step overs. Once complete, athlete 2 will complete the remaining 15 reps. Once all of the box step overs are complete the pairs will complete 20 synchro toes to bar and then finish the round with 10 synchro chest to bar pull ups. If the pairs complete the chest to bar pull ups, they will start the round again.

At the completion of 9 minutes, 1 athlete will move to the rower and begin rowing for calories while the other athlete continues the AMRAP for the remaining 3 minutes

(following the individual athletes rep scheme). At the completion of 12 minutes the athlete who was still on the AMRAP will take over the rower and continue to row for calories for 3 more minutes. The athlete who began rowing at the 9 minute mark will be finished at the 12 minute mark.

*** Athletes cannot separate from the synchro movements until the 9 minute mark.

Movement Standards:

One-arm Dumbbell Snatch (alternating)

Dumbbell is to be taken from the ground to overhead in 1 continuous movement. The rep is complete when the arm is fully extended with the elbow locked out with the hips extended and knees locked out.

Alternating hands each rep is required. You must change hands with the dumbbell placed at rest on the ground (no other option).

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In the pairs division, the rep will be deemed complete once both athletes have the dumbbell locked out overhead.

NO REPS

Any dumping of the dumbbell will constitute a no rep.
Changing hands at the top or on the way down is a no rep.
Swinging the DB like a Kettle bell will not be classed as a rep.
Holding the leg or knee with the free hand will be classed as a no rep.
Any clean n jerk style movement will be classed as a no rep.

Dumbbell Box Step-Overs

Athlete must begin each rep with both feet touching the ground with a dumbbell in each hand. The athlete may choose either foot to step up on to the box. Both feet must touch the top of the box before the athlete steps off the other side of the box. The rep will be completed once both feet are back on the ground. The athlete does not have to alternate the legs that they step up or down with. If the athlete drops a dumbbell before they have put both feet back on the ground, the rep will not count.

Toes to Bar

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted. Both feet must come into contact with the bar at the same time, inside the hands.

Kettle Bell Toe Touch:

Athletes 50 years and over may substitute toes to bar for kettlebell toe touches at a rate of 2 for 1. The athlete lies on their back, with arms fully extended behind their head, touching the kettlebell. The legs are lifted to reach behind the head, the toes must pass the vertical plane of the kettlebell handle.

WOD Weights:

Dumbbell:

Males 30-49 years: 22.5kg	Males 50+: 15kg
Females 30-49 years: 15kg	Females 50+: 10kg

Box Height:

Males 30-49 years: 24inch	Males 50+: 20inch
Females 30-49 years: 20inch	Females 50+: 20inch

Toes to Bar Substitute:

Males 50+: Kettle Bell Toe Touches (2 for 1) Females 50+: Kettle Bell Toe Touches (2 for 1)

Chest to Bar Pull Ups/Pull Ups

Males 30-49 years: Chest to Bar	Males 50+: Pull up
Females 30-49 years: Chest to Bar	Females 50+: Pull Up

WOD 9

7 Min AMRAP

Ascending Ladder of 3, 6, 9, 12 etc:

Thrusters

Bar Facing Burpees

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Individuals:

This workout begins with the barbell on the floor and the athlete standing tall. After the call of “3, 2, 1 ... go,” the athlete may perform 3 thrusters, then 3 bar facing burpees. The athlete will repeat this couplet, performing 6 thrusters and 6 burpee bar jumps, 9 and 9, 12 and 12, and so on, until the 7-minute time cap.

Pairs:

Athlete one completes 3 thrusters. Once complete athlete 2 completes 3 thrusters. After

athlete 2 has completed their 3 thrusters both athletes will perform the bar facing burpees synchronised. After the round of 3 the athletes will continue this sequence increasing the reps each round by 3. The pairs will continue this cycle until the 7 minutes have expired. Athletes must keep the same order for each round on the Thrusters (eg whoever starts the thrusters must always start the thrusters).

Movement Standards:

Thruster:

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. The hip crease must pass below the knees. A full squat clean into the thruster is allowed whenever the bar is taken from the ground. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

Burpee:

Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell. The chest and thighs touch the ground at the bottom. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The next rep will then begin on the opposite side facing the barbell.

WOD Weights:

Males 30-49 years: 40kg

Males 50+: 30kg

Females 30-49 30kg

Females 50+: 20kg



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