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## Example of previous Fitness Challenge workouts from past Games'

### HEART RATE HELL

For time: 10min time cap

#### Teams

- Row 500m (250m per athlete)
- 50 Thrusters (Synchronised)
- 50 Bar facing burpees (Synchronised)

#### Individuals

- Row 500m
- 50 thrusters
- 50 Bar facing Burpees

#### Load

	Thruster
30yrs-49yrs	30kg /20kg
50+	20kg/15kg

#### Standards

**WODstock standard burpees and thruster rules apply. In addition:**

**Burpees:** Chest must touch the ground, jump over the bar with 2 feet and land with 2 feet. Body must be 90 degrees to the bar, any other angled position to the bar will be called a no rep. All burpees will be completed over a loaded bar.

**For Teams:** Synchronised burpee means both athletes must have their chest touching the ground at the same time.

Synchronised thruster means both athletes must hold their bar above their heads fully extended at the top of the movement at the same time.

**Rower Damper:** Will be set on 5 for all athletes.

#### 20's

AMRAP: 12min

#### Teams

- 20 Water muscle ups (Synchronised)
- 20 Fat Bar Dead lifts (Synchronised)
- 20 Weighted squats (Synchronised)

#### Loads

	Deadlift	Squat (holding slam ball)
30-49yrs	90kg/70kg	10kg/6kg
50+	80kg/60kg	10kg/6kg

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## Individuals

- 20 Water muscle ups
- 20 Fat Bar Dead lifts
- 20 Weighted squats

## Loads

	Deadlift	Squat (holding slam ball)
35-49yrs	70kg/50kg	10kg/6kg
50+	60kg/50kg	10kg/6kg

## Standards

**Water muscle ups:** Athletes will stand on the edge of the pool then jump backwards into the pool. The athlete/s head must be submerged at the bottom of the movement and the athlete must be standing with both feet on the mat with hips and knees locked, standing in control before returning back in to the pool. Athletes can climb out of the pool anyhow.

**Dead Lift:** Athletes must take the bar from the ground and then finish the rep in the standing position hips and knees locked out with shoulders behind the vertical plane of the bar at the top of the movement.

**Weighted Squats:** Athletes will need to hold the Med ball in the frontal plane then perform a full range of motion squat – Hips must pass below parallel and then hips open and knees locked out at the top of the movement for the rep to count.

**Teams:** All movements must be synchronised.

Water Mus: must be standing in control at the top of the movement together.

Double team dead lift on the fat bar: both athletes lift the bar.

Squats: must both stand at the top of the movement with hips open and knees locked out together.

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## DUMBELL AMANDA

*For time - 9min time cap*

### Teams and Individuals

9-7-5 Burpee Muscle ups

28-22-16 Dumbbell Power Snatch

(Individual as written, teams share load anyhow, tagging in and out)

## Load

	Dumbbell
30yrs-49yrs	20kg /15kg
50+	15kg/10kg

## Standards

**Ring muscle ups:** The rep starts with chest on the ground in the burpee and finishes once the arms are fully locked out at the top with the shoulders over the vertical plane of the rings. You do not need full extension at the bottom of the hang on the ring.

**Dumbbell Power Snatch:** 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 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.

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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.

### Substitutions:

Burpee Ring Muscle ups – 4x Burpee Ring touch for every Burpee Ring Muscle up rep.  
If an athlete starts on Burpee ring muscle ups and chooses to sub out at any time they are allowed to do so.

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## TRIPLET

AMRAP: 8min

### Teams and Individuals

15 Kettle bell swings  
10 Box jump overs  
5 Pull ups

### Loads

	Kettle bell	Box height
All athletes	24kg/16kg	20"

### Teams

Person A completes 1 movement (eg kettle bell swings) before tagging Person B to commence the next movement (eg box jump overs). Person B then tags Person A for the next movement (Pull ups) and continues.

### Standards

**Kettle bell swing:** The kettle bell is to be deadlifted from the ground, and then taken from the hang to overhead. The movement is complete when the athlete is at full extension with the arms covering the ears and the kettle bell directly over head. Any short range of motion by ducking the head, bending of the elbows or broken hips or knees will be classed as a no rep  
50+ athletes only need to swing the Kettle bell to eye height / above the shoulders

**Box Jump overs:** Both feet start on 1 side of the box. Both feet must touch the top of the box and then both feet must be on the other side of the box for the rep to count. There is no requirement to open the hips on top of the box. You can step up and over the box as long as both feet touch the top of the box. All athletes are to go over the box and not around it with any part of the body.

**Pull ups:** 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 .

### Substitution

2 x Burpee Bar touch = 1 pull up rep

**Burpee Bar touch:** Chest starts on the ground and then the athlete will need to touch the pull up bar with both hands at the top of the movement.

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## CAPTAIN RISKY: GRIP IT AND RIP IT

For time - 10min time cap

### Teams

42-30-18 Hang power cleans (synchronised)  
42-30-18 Toes to bar (share load, with partner hang)

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## Individuals

42-30-18 Hang power cleans

42-30-18 Toes to bar

## Load

	Hang Power Clean
30yrs-39yrs	60kg/40kg
40-49yrs	50kg/35kg
50+	40kg/30kg

## Standards

**WODstock standard** hang clean and toes to bar rules apply. In addition:

**Teams:** Hang cleans: Rep is completed when both athletes are fully standing with the bar in the rack position elbows forward of the bar.

**Toes 2 bar/partner hang:** one partner must be hanging with feet off the ground before the second partner can complete toes to bar reps.

## Substitution

2 x kettle bell toe touch = 1 toe to bar

## Kettle bell toe touch:

The athlete lies on their back, with arms full extended behind their head, touching a kettle bell. The legs are lifted to reach behind the head, the toes must pass the vertical plane of the KB handle.

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## Max Snatch

*For weight in 6 mins*

Individual and Teams will both have 6 minutes total to find a 1RM snatch. That means teams must have both pairs lift in the 6 minute time cap.

\*If the bar is moving from the ground when time is called the athlete can still record that lift if successful.

## Standards

You may:

Muscle snatch

Power snatch

Squat snatch

The bar must start from the ground and be taken over head in 1 continuous movement.

Narrow grip and any form of Clean n press or jerk movement will not be acceptable.

If the bar comes back down towards the ground at any time during the lift it will be called a no rep

The athlete must be stable and in control at the top of the movement with the bar over head, hips open and knees locked out.

\*\*\* Any attempt by the athlete to lift with any loose plates or equipment (other than the bar being lifted) placed or resting on the designated lifting platform area will constitute a no rep.

Ensure your area is safe and clean of debris.

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## 12 Bar Clean ladder

*For max total load lifted in 12 mins*

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50sec to cycle as many reps as possible  
10sec to then move to the next bar

12 Bars will be set out in a ladder from 20kg-110kg for the men and 15kg-85kg for the women.  
Your goal is to lift as much weight as possible over the 12 bars.  
If you are not able to lift a bar in the allocated 50 seconds, your WOD is over.

### Standards

Muscle clean, Power clean or Squat clean is acceptable

The bar (both plates) must touch the ground to start each rep – no bouncing is allowed or re catching the bar on the rebound if grip is released.

The rep is only complete once the athlete is fully standing with hips and knees locked out, and elbows forward of the vertical plane of the bar.

Taking the bar off the shoulder early before the athlete comes to full extension will be classed as a no rep.

The athlete must complete the rep before the 50sec call – i.e. if an athlete is still standing up a rep and finishes the rep at 51 seconds it will be classed as a no rep.

Teams will work together on the 12 bars – 1 or both athletes can lift within the 50 sec

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### ONLY ½ WAY

5x 2min AMRAPs

### Teams and Individuals

Buy In on every 2 mins

Swim to designated lane rope and return anyhow

Then AMRAP

12 overhead plate lunge steps

6 Wall balls

### Flow:

On the sound of the whistle at each 2min mark, stop performing reps and re-enter the pool and repeat the swim/scramble followed by the OHP lunge steps and wall balls. The lane ropes will be in the pool. You can choose to go under or over the lane ropes.

**Teams:** Share the load anyhow. Only 1 athlete will need to make their way out to the designated lane rope and back each round. The same athlete can complete the swim each round. Once the athlete reaches the side of the pool, both athletes need to tag hands before the athlete on land can start the reps scheme of 12x OHPL and 6x WB. They can switch at any stage.

### Standards

**OH Lunge steps:** Plate must be held over head, each step must be performed forward onto the designated matt – The back knee must touch the ground then you must come to fully standing before changing legs and performing the next rep.

**Wall ball:** The rep will start with hips below parallel at the bottom of the movement, at the top of the movement the wall ball must reach above the designated tape line and touch the railing for each rep to count.

The wall ball must be clearly over the designated tape line and visible to your judge. The wall ball touching the tape will be classed as a rep.

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## Loads

	OH Plate	Wall Ball
35-49yrs	15kg /10kg	9kg/6kg
50+	10kg/5kg	9kg/6kg

Wall Ball height - 10ft for men, 9ft for women

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## SWIM, RUN, DEAD BALL

*For time - 10min time cap*

### Team

Swim 100M (50m each)

Run 1 x 500m lap of the mangrove island (both athletes run, but does not have to be together)

30 dead ball ground to over shoulder (share load)

The run does not need to be completed together. This means the first swimmer can be out of the pool and put their shoes on, ready to run when the second swimmer exits the pool. The first athlete back from the run may commence the dead balls prior to the second athlete returning. A split time will be recorded when both athletes are back at the dead ball in the event of a tie.

### Individual

Swim 100M

Run 1 x 500m lap of the mangrove island

30 dead ball ground to over shoulder

A split time will be recorded when the athlete is back at the dead ball in the event of a tie.

## Load

	Dead Ball
30yrs-49yrs	55kg/35kg
50+	35kg/20kg

The run is 1x around the dirt track (Mangrove Island) - approximately 500m

The swim is up and down the 50m pool

Dead balls are to be performed pool side.

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