

# Strength and Conditioning

Saturday, July 6<sup>th</sup>



## Event 1

### **Kids Ages 5-7**

10 min Skill work AMRAP  
Skipping 5 Points/ 10 Unbroken  
Pull ups (5)  
Support hold on rings 5 points for each 10 sec UB  
Toes through rings 3 points for every 1 unbroken  
Rope Climb to 10' (10)  
Summersault Foreword (5)  
Summersault Backward (5)  
Ninja Jumps 5 points  
Ninja Jumps to 10# plate 5 additional points for each plate added  
HS hold 5 points for every 10 sec unbroken  
Shots on basketball net 2 points for every shot completed in a 60 min window

### **Kids Ages 8-12**

10 min Skill work AMRAP  
Single skips 5 points for every 25 Unbroken  
Double unders -5 Points/ 5 Unbroken  
Pull ups - 5 points for each unbroken  
Rope Climb – 15 Points  
Somersault – Foreword (5)  
Summersault- Backward (5)  
Box Jumps 5 points for each 10”  
Ninja Jumps 5  
Ninja Jumps to plate (5 additional points per plate)  
Support hold 5 points for each 10 sec unbroken  
Ring Dips 5  
Toes through rings 3 point for every 1 unbroken  
HS Hold 5 for each 10 sec unbroken  
HS Walk 5 for 5' UB  
Shots on Basketball net 2 points/ shots made in 60 min window

### **Adults 12+/ Masters 55+**

Split Jerk- Build to a max – 8 min Time Cap

### ***Workout description***

Athletes will start from a rack with an empty barbell and have 8 min to work to a max split jerk. Collars must be used for each lift, no push jerk will be permitted. You can drop the barbell after each lift and have assistance to bring the bar back up to the rack. Fractional plates may be used.

Kids will have 10 min to accumulate as many skill points as possible from the list provided. Adults/ judges will be counting reps/ seconds and helping kids

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accumulate points. No partial points will be awarded and each skill can only be completed once.

## Event 2

### **Kids Ages 5-7**

6 min AMRAP  
100m Row  
100m Run  
100 Single skips

### **Kids Ages 8-10**

10 min AMRAP  
20 Double unders  
200m Run  
200m Row

### **Adults/ Masters 55+**

“Triathlon”  
3 Mile assault bike  
2000m Row  
1-Mile Run  
\*35 min Time cap

Event two will be for time starting with a 3mile assault bike proceeding to a 2000m row and a 1 mile run. The bike and rower will start at 0 and the hands must stay on the handle until the 3 mile and 2000m mark have been reached. The one mile run will be clearly marked with volunteers along the way to ensure the course is known.

Kids will have an AMRAP style workout- if they can not perform double unders, single skips will be permitted. 100 single skips instead of 20 doubles unders. The rower will start at 0 and hands must stay on the handeles until the 200m mark has been met.

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## Event 3

### **Kids Ages 5-7**

For time;  
10 Air Squats  
10 Burpees  
10 Box Jumps  
10 KBS  
10 Snake ups

### **Kids Ages 8-12**

10 Air Squats  
10 Burpees  
10 Box Jumps  
10 KBS  
10 Snake ups

### **Adults**

“50”  
5 Rounds for Time;  
10 pull ups  
10 AB Mat sit ups  
10 KB swings 35/50  
10 Box jumps 20/24  
10 KB snatch (5/arm) 35/50  
\* 15 min Time cap

### **Masters 55+**

“50”  
5 RFT  
10 Ring Rows  
10 AB Mat sit ups  
10 KB swings 25/45  
10 Step ups  
10 KB snatch (5/arm) 25/45  
\* 15 min Time cap

Event 3 will be a chipper style workout with a 15 min time cap. Pull ups can be kipping pull ups with the arms reaching full extension at the bottom of the rep and chin over the bar at the top of the rep. Ab mat sit ups- the feet must remain in contact with the floor throughout entire movement with the finger tips touching the floor behind you, shoulders coming ahead of the hips to finish the rep. KBS-

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regular standards, Box jumps regular standards. For the single arm KB snatch the arm must finish beside the ear with the arm and shoulder locked out.

## Event 4 – Final

TBA