**ANNEX 1**

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| **BRIEF DESCRIPTION OF THE WORKOUTS** |

*Slight modifications to the workouts may be announced later.*

**Endurance**

10 Round for time

* 400 m run
* 20 Kettlebell Swing (24 / 16 kg) up to shoulder height
* 20 Air-Squats

**Team competition: Running with band (Swing and Squat in Sync)**

**Strength**

**Part 1 – Clean Sprint**

3 x Clean for time

Men: 60, 75, 90 kg

Women: 42, 52, 62 kg

**Team competition: 1 Women + 1 Men in Sync**

**Part 2 - Clean Ladder**

Men: 100 / 110 / 120 / 130 / 135 / 140 / 145 / 150 / 155 / 160 kg

Women: 70 / 80 / 85 / 90 / 92.5 / 95 / 97.5 / 100 / 102.5 / 105 kg

Individual competition: Scoring according to max weight; in case of a tie in the  
number of repetitions, the time from part 1 decides the ranking

**Team competition: Total number of successful cleans;  
in case of a tie in the number of repetitions, the time from part 1 decides the ranking**

**Power**

For Time

30 Thrusters 42 / 30 kg

AirBike 30 / 20 Cal

80 m run

**Team competition: Sync Thrusters; Run starts after last one finished the AirBike; Time of the last is counted**

**Skill**

For Time

Each Side: 5 x Single Dumbbell Overhead Squats

Men: 10 / 12.5 / 15 / 17.5 / 20 / 22.5 / 25 / 27.5 / 30 kg

Women: 5 / 7.5 / 10 / 12.5 / 15 / 17.5 / 20 / 22.5 / 25 kg

**Team competition: Sync Squats**

**Bodyweight**

For Time

4 Rounds of

6 Pull Ups

6 Handstand Push Ups

1 Rope Climb

*- into - TIEBREAKER (Time)*

3 Rounds of

7 Strict Pull Ups

7 Strict Handstand Push Ups

7 Bar Muscle Ups

*- into - TIEBREAKER (Time)*

2 Rounds of

8 Chest to Bar Pull Ups

8 Deficit HSPU @ 25 cm / 15 cm

8 Ring Muscle ups

**Team competition: IGYG (free strategy)**

**Mixed Model**

For Time

50 Burpees

400 m Row

50 Wall Ball Shots

400 m Row

50 Walking Lunges

400 m Row

50 Deadlift 100 / 70 kg

400 m Row

50 Box Jumps

400 m Row

50 Sit-Ups

400 m Row

50 Burpees

**Team competition: IGYG (free strategy)**