



ONLINE QUALIFIERS

WORKOUT #1

Workout details Rx`d

10 min As Many Reps As Possible
3-6-9-12-15-18-...etc reps of:
Swings
Burpees
Box jumps

Men use **24kg** kettlebell and **60cm** box height
Women use **16kg** kettlebell and **50cm** box height

Workout details Scaled

10 min As Many Reps As Possible
3-6-9-12-15-18-...etc reps of:
Swings
Burpees
Box jumps

Men use **16kg** kettlebell and **50cm** box height
Women use **12kg** kettlebell and **40cm** box height

Scorecard

Athlete name _____ Categorie Rx Scaled

WOD#1 10 min AMRAP

	3	6	9	12	15	18	21	24	27
Swing									
Burpee									
Box jump									
reps	9	27	54	90	135	189	252	324	405

Score: _____ total reps finished

Movement details



Swing

Each rep begins with kettlebell clearly behind the hips and finishes with the whole kettlebell clearly over the head line. Hips and knees have to be fully extended at the top position, but hands can be bent at the elbow as long as the kettlebell is high enough.



Burpee

Each burpee starts with athlete in standing position. The chest and high must touch the ground at the bottom of the burpee and athlete has to stand up and clearly jump with both feet from the ground clapping their hands behind the head



Box jump

Each rep begins with a two-footed jump. One-footed jumps and step-ups are not permitted. On the top of the box athlete needs to show control with knees and hips fully extended. Step down is permitted.