



WORKOUT #1

CrossFit Rx & Scaled

Time Cap: 20 Minutes

Rx :

- 100 Wallballs (20/14#) (10ft/9ft)
- 50 Deadlifts (115/75#)
- 25 Burpees Over Bar (Parallel)
- 50 Deadlifts (115/75#)
- 100 Wallballs (20/14#) (10ft/9ft)

Scaled:

- 100 Wallballs (14/10#) (10ft/9ft)
- 50 Deadlifts (75/55#)
- 25 Burpees Over Bar (Parallel)
- 50 Deadlifts (75/55#)
- 100 Wallballs (14/10#) (10ft/9ft)

100 Wall Balls	100
50 Deadlifts	150
25 Burpees	175
50 Deadlifts	225
100 Wall Balls	325

Time or Reps at 20 Minutes _____

Rx'd Scaled

Athlete Name _____ Workout Location _____

Judge's Name _____

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Signature _____ Date _____



WORKOUT #1

At Home Version

Time Cap: 20 Minutes

- 100 Air Squats
- 50 2-arm Dumbbell Deadlifts (35/20#)
- 25 Burpees Over Dumbbell (Parallel)
- 50 2-arm Dumbbell Deadlifts (35/20#)
- 100 Air Squats

100 Air Squats	100
50 Deadlifts	150
25 Burpee over Dumbbell	175
50 Deadlifts	225
100 Air Squats	325

Time or Reps at 20 Minutes _____

Rx'd

Scaled

Athlete Name _____ Workout Location _____

Judge's Name _____

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's Signature _____ Date _____