

Beach  
SHOWDOWN

INDOOR  
EDITION 2025



INDIVIDUAL & BUDDY  
FINALS

WORKOUTS & MOVEMENT STANDARDS



**WELCOME****Dear athletes,**

Congratulations for reaching the finals of the 2025 Beach Showdown Indoor Individual & Buddy edition, official 2025 CrossFit Licensed Event.

In this document, you can find our general competition rules, the final workouts along with their flow and movement standards. Read, study and memorize them so you know what we expect from you.

**NOTE:** We use the movement standards of the International Functional Fitness Federation (iF3). If anything is not clear, we recommend reading and studying this unique 155-page book. You can download this book from this link: [https://functionalfitness.sport/wp-content/uploads/2024/01/2024\\_iF3\\_Movement\\_standards.pdf](https://functionalfitness.sport/wp-content/uploads/2024/01/2024_iF3_Movement_standards.pdf)

**GENERAL COMPETITION RULES**

1. You and you alone are responsible for reading the workouts, flow and standards **BEFORE** the event;
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document;
3. The warm-up zone is a **SHARED** zone for athletes getting ready just before he or she goes on the field. Just before means that you may enter this zone 30 minutes prior to your heat. You have about 20 minutes to warm up and must be ready 10 minutes prior to starting at staging 1, 2 or 3 (check-in). Have the **DISCIPLINE** to comply with this yourself, if not there will be access control
4. It is the team's own responsibility to be **ON TIME** at athletes' control and staging (check-in) where you will receive your pre-filled scorecard which you hand over to your assigned judge;
5. Athletes will ALWAYS start in the assigned lane, **BEHIND** the starting line;
6. Please show respect to our equipment. **DO NOT DROP/THROW** equipment intentionally (dumbbells, kettlebells, barbells, etc..). Dropping will **ALWAYS** result in a **NO-REP**;
7. Have **RESPECT** for our judges and crew in general. If you have issues, please address the head judge on the field and the event manager off the field;
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final;
9. Videos can only be used as a memory to yourself or social media. No video footage will be taken in consideration to review your or someone else's score/judges decisions;
10. If you sign off your scorecard = you agree with the score that is written on it;
11. We have a **ZERO-TOLERANCE** policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition;
12. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake;
13. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there to do for you;
14. Exceptionally a malfunction of equipment can occur. Always continue in that what you are doing till the head judge or competition manager says otherwise;
15. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are **NEVER** allowed;
16. All workouts are performed in beach sand which you should know is always physically tougher and you are less stable here.

Most important: Don't forget to have fun!  
Remember to share on social media and tag us using the hashtags:  
#beachshowdown #seeyouatthebeach

**Yours truly, The Beach Showdown Team**

### INDIVIDUAL

#### FOR TIME - TIME CAP = 12 MIN

RX	ADVANCED <sup>(35+)</sup>	REGULAR <sup>(35+)</sup>
50 - TOES TO BAR 40 - WALLBALLS 30 - BOX JUMPS OVER (60 CM) 20 - KETTLEBELL SWINGS 10 - BURPEES  <b>CASH OUT</b> 10 - ROPE CLIMBS  <b>WEIGHT WALLBALL &amp; KETTLEBELL:</b> ♂ 9 KG & 32 KG ♀ 6 KG & 24 KG	50 - TOES TO BAR 40 - WALLBALLS 30 - BOX JUMPS OVER (60 CM) 20 - KETTLEBELL SWINGS 10 - BURPEES  <b>CASH OUT</b> 7 - ROPE CLIMBS  <b>WEIGHT WALLBALL &amp; KETTLEBELL:</b> ♂ 9 KG & 24 KG ♀ 6 KG & 16 KG	50 - LEG RAISES 40 - WALLBALLS 30 - BOX JUMPS OVER (50 CM) 20 - KETTLEBELL SWINGS 10 - BURPEES  <b>CASH OUT</b> 5 - HALF ROPE CLIMBS  <b>WEIGHT WALLBALL &amp; KETTLEBELL:</b> ♂ 9 KG & 16 KG ♀ 6 KG & 12 KG

#### FOR TIME - TIME CAP = 12 MIN

SCALED	TEENS
50 - KNEE RAISES 40 - WALLBALLS 30 - BOX JUMPS OVER (50 CM) 20 - KETTLEBELL SWINGS 10 - BURPEES  <b>CASH OUT</b> 3 - HALF ROPE CLIMBS  <b>WEIGHT WALLBALL &amp; KETTLEBELL:</b> ♂ 6 KG & 12 KG ♀ 4 KG & 8 KG	50 - KNEE RAISES 40 - WALLBALLS 30 - BOX JUMPS OVER (50 CM) 20 - KETTLEBELL SWINGS 10 - BURPEES  <b>CASH OUT</b> 3 - HALF ROPE CLIMBS  <b>WEIGHT WALLBALL &amp; KETTLEBELL:</b> ♂ / ♀ 4 KG & 4 KG

### IMPORTANT!

The athlete starts on the start/finish mat. The athlete's time stops when he finishes on the start/finish mat.

### WORKOUT FLOW INDIVIDUAL

1. The athlete starts on the "Start/Finish" mat.
2. After '3.....2.....1.....GO!' (start signal) the athlete starts with 50 toes to bar variations in the rig.
3. When the athlete is done he continues with 40 wallballs against the target on the rack.
4. After the wallballs the athlete continues with 30 box jumps over.
5. The athlete then continues with 20 kettlebell swings.
6. Finally, the athlete does 10 burpees.
7. When the athlete has done all the movements he finishes with a cash out of rope climbs. In rope climbing the athlete must touch the rack at the end of the rope. In the regular, scaled and teens divisions the athlete must have both hands above the indicated target (colored tape). It is not allowed to jump out of the rope before both hands are under the indicated target (red tape).
8. When the athlete has finished the rope climbs he runs to the 'Start/Finish' mat and then his time stops.

### SCORES

- This workout is for time. Your score will be the final time after completing the workout (time cap 12 minutes). If you do not finish the workout your score will be the total reps.

### BUDDY

**FOR TIME - TIME CAP = 12 MIN**

#### RX

50 - SYNC TOES TO BAR  
 40 - DUO WALLBALLS  
 30 - BOX JUMPS OVER (60 CM)  
 20 - KETTLEBELL SWINGS (ATHLETE A)  
 20 - KETTLEBELL SWINGS (ATHLETE B)  
 10 - SYNC BURPEES

#### CASH OUT

10 - ROPE CLIMBS

#### **WEIGHT WALLBALL & KETTLEBELL:**

♂ 9 KG & 32 KG  
 ♀ 6 KG & 24 KG

#### ADVANCED<sup>(35+)</sup>

50 - SYNC TOES TO BAR  
 40 - DUO WALLBALLS  
 30 - BOX JUMPS OVER (60 CM)  
 20 - KETTLEBELL SWINGS (ATHLETE A)  
 20 - KETTLEBELL SWINGS (ATHLETE B)  
 10 - SYNC BURPEES

#### CASH OUT

7 - ROPE CLIMBS

#### **WEIGHT WALLBALL & KETTLEBELL:**

♂ 9 KG & 24 KG  
 ♀ 6 KG & 16 KG

### BUDDY

**FOR TIME - TIME CAP = 12 MIN**

#### REGULAR<sup>(35+)</sup>

50 - SYNC LEG RAISES  
 40 - DUO WALLBALLS  
 30 - BOX JUMPS OVER (50 CM)  
 20 - KETTLEBELL SWINGS (ATHLETE A)  
 20 - KETTLEBELL SWINGS (ATHLETE B)  
 10 - SYNC BURPEES

#### CASH OUT

5 - HALF ROPE CLIMBS

#### **WEIGHT WALLBALL & KETTLEBELL:**

♂ 9 KG & 16 KG  
 ♀ 6 KG & 12 KG

#### SCALED

50 - SYNC KNEE RAISES  
 40 - DUO WALLBALLS  
 30 - BOX JUMPS OVER (40 CM)  
 20 - KETTLEBELL SWINGS (ATHLETE A)  
 20 - KETTLEBELL SWINGS (ATHLETE B)  
 10 - SYNC BURPEES

#### CASH OUT

3 - HALF ROPE CLIMBS

#### **WEIGHT WALLBALL & KETTLEBELL:**

♂ 6 KG & 12 KG  
 ♀ 4 KG & 8 KG

### IMPORTANT!

Both athletes started on the start/finish mat. The time stops when both athletes finish on the start/finish mat.

During the box jumps, kettlebell swings and rope climbs one athlete is working and the other athlete is resting. The athlete who is resting waits on the start/finish mat.

Buddies are only allowed to switch on the start/finish mat. For the mixed divisions the female weight and height will be used for the wallballs.

### WORKOUT FLOW – BUDDY

1. Both athletes start on the "Start/Finish mat".
2. After '3.....2.....1.....GO!' (start signal) the athletes start together with 50 sync toes to bar variations in the rig.
3. When the athletes are done they continue with 40 duo wallballs against the target on the rack.
4. After the wallballs one athlete must run to the "Start/Finish mat". The other athlete continues with 30 box jumps over. During this movement, athletes may switch as often as they wish, but switching is only allowed on the "Start/Finish mat". So, it's not allowed to work if the other athlete is not on the mat.
5. When the athletes finished the box jumps they continued with the kettlebell swings. One athlete does 20 kettlebell swings and the other athlete waits on the mat. When the first athlete is done with the kettlebell swings they switch on the mat and then the other athlete continues with 20 kettlebell swings.
6. Finally, the athletes do 10 sync burpees.
7. When the athletes have done all the movements they finish with a cash out of rope climbs. One athlete climbs rope and the other athlete rests on the mat. The same rules apply as for box jumps over.
8. In rope climbing the athlete must touch the rack with one hand at the end of the rope. In the regular and scaled divisions the athlete must have both hands above the indicated target (colored tape). It is not allowed to jump out of the rope before both hands are under the indicated target (red tape).
9. When the athlete has finished the rope climbs he runs to the "Start/Finish mat". When both athletes are on the "Start/Finish mat" the time stops.

### SCORES

- This workout is for time. Your score will be the final time after completing the workout (time cap 12 minutes). If you do not finish the workout your score will be the total reps.

### MOVEMENT STANDARDS

#### TOES TO BAR:

Athlete hanging from a horizontal bar moves toes to contact bar.

#### REP START:

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

#### REP END:

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands.

#### REP REQUIREMENTS:

- None.

#### CYCLE & POST REP:

- The athlete may return to rep start in any controlled manner.

#### SYNC:

- Rep end (both athletes must touch the bar with their toes at the same time)

#### LEG RAISES:

Athlete hanging from a horizontal bar move their legs above the horizontal plane of the hip.

#### REP START

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

#### REP END

- Hips bent, forming an L-shape with straight legs.
- Both legs must pass the horizontal plane of the hip.

#### REP REQUIREMENTS

- None.

#### CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

#### SYNC:

- Rep end (both athletes must forming an L-shape with straight legs at the same time)

#### KNEE RAISES:

Athlete hanging from a horizontal bar move their knees above the horizontal plane of the hip.

#### REP START:

- Vertical hang from horizontal bar.
- Hips fully extended.
- Heels break the vertical plane directly under the bar.

#### REP END:

- Both knees must pass the horizontal plane of the hip.

#### REP REQUIREMENTS:

- None.

#### CYCLE & POST REP:

- The athlete may return to rep start in any controlled manner.

#### SYNC:

- Rep end (both athletes must pass the horizontal plane of the hip at the same time)

### **(DUO) WALLBALLS:**

Athlete stands up like a front squat and in one movement continues by throwing the ball toward a target.

#### REP START:

- Bottom-of-squat position with a medicine ball in the frontal plan supported by the hands.

#### REP END:

- Medicine ball hits the target above, only one or above the designated target.

#### REP REQUIREMENTS:

- Athlete, while ascending, throw the ball.

#### CYCLE & POST REP:

- The ball must be caught on its way down from previous throw OR
- The ball must be retrieved from the ground.

#### TEAM:

- One athlete throws the ball and the other athlete is caught on its way down.
- Mixed teams will use the female height and weight.

### **BOX JUMPS OVER:**

Athlete jumps over box.

#### REP START:

- Standing free.

#### REP END:

- Standing free on the other side of the box.

#### REP REQUIREMENTS:

- Jump over the object with simultaneous take-off with both feet.
- Athlete passes over the object with the entire body.
- It's not mandatory to fully extend when standing on the box.
- Regular, Scaled and Teens are allowed to step on the box instead of jumping.

#### CYCLE & POST REP:

- Rep end is a valid new rep start

### **AMERICAN KETTLEBELL SWING:**

Athlete start with the kettlebell just below the groin, the kettlebell is swung up above the head.

#### REP START:

- Hang position.
- Entire kettlebell is behind the vertical plane made by tip of the athletes toes and inside the legs.

#### REP END:

- Standing tall.
- Kettlebell is overhead.
- Full extension of elbows.

#### REP REQUIREMENTS:

- Kettlebell must be swung up in one fluid motion.

#### CYCLE & POST REP:

- The athlete may return to rep start in any controlled manner.



### **BURPEES:**

Athlete from lying on the ground, gets up and jumps and claps overhead.

#### REP START

- Prone position (Chest, hips and toes in contact with the ground).

#### REP END

- Hands clap overhead.
- Feet are off the ground.
- Knees and hips fully extended.

#### REP REQUIREMENTS

- None.

#### CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.

#### TEAM SYNCRO:

- Rep start (prone position) & Rep end (hands clap overhead).

### **ROPE CLIMBS:**

Athlete climbs up a suspended vertical rope.

#### REP START

- Standing free.

#### REP END

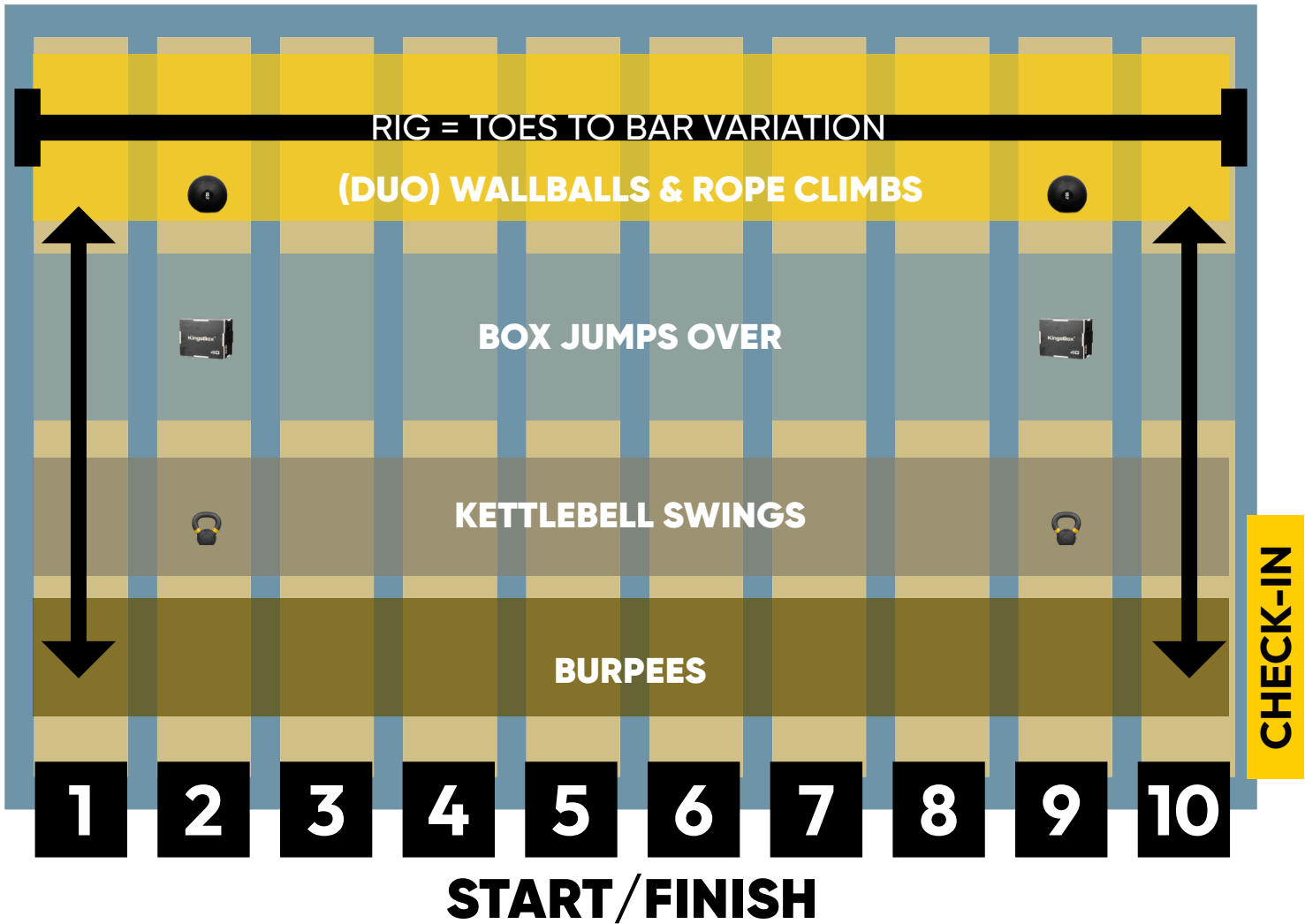
- Standing free.

#### REP REQUIREMENTS

- Touch designated target with one hand.
- After touching the target, show control below the designated decent line, which means that both hands must go under the decent line before jumping off the rope.
- In the regular, scaled and teens divisions the athlete must have both hands above the indicated target (colored tape halfway the rope).

#### CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.



### INDIVIDUAL

#### FOR CALORIES – TIME CAP = 12 MIN

RX	ADVANCED <sup>(35+)</sup>	REGULAR <sup>(35+)</sup>
<p><b>EVERY 3 MINUTES</b> OBSTACLE COURSE (FORTH &amp; BACK)</p> <p>MAX CALORIES CONCEPT SKIERG</p> <p><b>WEIGHT SLAM BALL:</b> ♂ / ♀ 30 KG</p>	<p><b>EVERY 3 MINUTES</b> OBSTACLE COURSE (FORTH &amp; BACK)</p> <p>MAX CALORIES CONCEPT SKIERG</p> <p><b>WEIGHT SLAM BALL:</b> ♂ / ♀ 20 KG</p>	<p><b>EVERY 3 MINUTES</b> OBSTACLE COURSE (FORTH &amp; BACK)</p> <p>MAX CALORIES CONCEPT SKIERG</p> <p><b>WEIGHT SLAM BALL:</b> ♂ / ♀ 15 KG</p>

#### FOR CALORIES – TIME CAP = 12 MIN

SCALED	TEENS
<p><b>EVERY 3 MINUTES</b> OBSTACLE COURSE (FORTH &amp; BACK)</p> <p>MAX CALORIES CONCEPT SKIERG</p> <p><b>WEIGHT SLAM BALL:</b> ♂ / ♀ 10 KG</p>	<p><b>EVERY 3 MINUTES</b> OBSTACLE COURSE (FORTH &amp; BACK)</p> <p>MAX CALORIES CONCEPT SKIERG</p> <p><b>WEIGHT SLAM BALL:</b> ♂ / ♀ 4 KG</p>

### WORKOUT FLOW -INDIVIDUAL

1. After '3.....2.....1.....GO!' (start signal) the athlete may start with the obstacle course.
2. The athlete completes the first obstacle without touching the ground. If the Athlete falls off the obstacle or touches the ground with any part of the body, he has to start again.
3. After completing one way of the first obstacle the athlete must grab the slam ball. The slam ball must be taken over the second obstacle.
4. The athlete and the slam ball must cross the indicated line before he is allowed to go back over the obstacle.
5. When the athlete has completed the second obstacle (forth & back) he drops the slam ball in the indicated box and goes back over the first obstacle.
6. When the athlete has completed the full obstacle course (forth & back) he is allowed to start with the SkiErg. The athlete will have the remaining time of the 3 minutes to ski for maximum calories.
7. Every 3 minutes there will be a signal and the athlete must stop skiing immediately. Then the athlete must complete the full obstacle course (forth & back) again as described in point 1 up to 6. In total there will be 4 rounds.

### SCORES

- This workout is for max calories. Your score will be the total number of calories which are made on the SkiErg before the workout is over (time cap 12 minutes).
- Your score will be automatically registered through the Concept2 software on the computer. Only this score will count.
- If the athlete does not follow the above rules, the judge is allowed to give a penalty of 5 calories.

### BUDDY

#### FOR CALORIES - TIME CAP =12MIN

##### RX

**EVERY 3 MINUTES**  
OBSTACLE COURSE  
(FORTH & BACK)

MAX CALORIES CONCEPT SKIERG

**WEIGHT SLAM BALL:**  
♂ / ♀ 30 KG

##### ADVANCED<sup>(35+)</sup>

**EVERY 3 MINUTES**  
OBSTACLE COURSE  
(FORTH & BACK)

MAX CALORIES CONCEPT SKIERG

**WEIGHT SLAM BALL:**  
♂ / ♀ 20 KG

### BUDDY

#### FOR CALORIES - TIME CAP =12MIN

##### REGULAR<sup>(35+)</sup>

**EVERY 3 MINUTES**  
OBSTACLE COURSE  
(FORTH & BACK)

MAX CALORIES CONCEPT SKIERG

**WEIGHT SLAM BALL:**  
♂ / ♀ 15 KG

##### SCALED

**EVERY 3 MINUTES**  
OBSTACLE COURSE  
(FORTH & BACK)

MAX CALORIES CONCEPT SKIERG

**WEIGHT SLAM BALL:**  
♂ / ♀ 10 KG

### IMPORTANT!

When both athletes have completed the full obstacle course (forth & back) they are allowed to start with the SkiErg. It's not allowed to start skiing if one athlete is still on the obstacle.

### WORKOUT FLOW - BUDDY

1. After '3.....2.....1.....GO!' (start signal) both athletes may start with the obstacle course.
2. They completed the first obstacle without touching the ground. If an Athlete falls off the obstacle or touches the ground with any part of the body, he has to start again. Athletes may be on the obstacle at the same time and touching each other is permitted.
3. After completing one way of the first obstacle one athlete must grab the slam ball. The slam ball must be taken over the second obstacle. It is allowed to pass the slam ball during the obstacle.
4. The athletes and the slam ball must cross the indicated line before they are allowed to go back over the obstacle.
5. When both athletes have completed the second obstacle (forth & back) they drop the slam ball in the indicated box and go back over the first obstacle.
6. When both athletes have completed the full obstacle course (forth & back) they are allowed to start with the SkiErg. They will have the remaining time of the 3 minutes to ski for maximum calories. You can switch at the SkiErg as much as often as you want.
7. Every 3 minutes there will be a signal and the athlete must stop skiing immediately. Then both athletes must complete the full obstacle course (forth & back) again as described in point 1 up to 6. In total there will be 4 rounds.

### SCORES

- This workout is for max calories. Your score will be the total number of calories which are made on the SkiErg before the workout is over (time cap 12 minutes).
- Your score will be automatically registered through the Concept2 software on the computer. Only this score will count.
- If the athlete does not follow the above rules, the judge is allowed to give a penalty of 5 calories.

### MOVEMENT STANDARDS

#### OBSTACLE COURSE 1

Athletes must cross the obstacle without touching the ground with his body.

##### REP START

- Standing free before the obstacle.

##### REP END

- Standing free behind the obstacle.

##### REP REQUIREMENTS

- You can go over the obstacle in any controlled way as long as you stay on the obstacle.
- If you fall off the obstacle or touch the ground with any part of your body, you have to start again.

##### CYCLE & POST REP

- You need to stay in your own lane at all times.

##### TEAM

- Athletes may be on the obstacle at the same time and touching each other is permitted.
- Only the athlete who falls off the obstacle or touches the ground must start again.
- If both athletes have completed the full obstacle course (forth & back) they are allowed to start with the SkiErg. If one athlete is faster it's not allowed to already start with the SkiErg.

#### OBSTACLE COURSE 2

Athletes must cross the obstacle with the slam ball.

##### REP START

- Standing free before the obstacle with the slam ball.

##### REP END

- Standing free behind the obstacle with the slam ball.

##### REP REQUIREMENTS

- You can go over the obstacle in any controlled way.
- The slam ball must cross the indicated line before the athlete is allowed to go back over the obstacle.

##### CYCLE & POST REP

- You need to stay in your own lane at all times.
- After completing the obstacle (forth & back) the slam ball must be dropped in the indicated box.

##### TEAM

- Athletes may be on the obstacle at the same time and touching each other is permitted.
- Only one athlete has to carry the slam ball over the obstacle. It is allowed to pass the slam ball during the obstacle.
- If both athletes have completed the full obstacle course (forth & back) they are allowed to start with the SkiErg. If one athlete is faster it's not allowed to already start with the SkiErg.

### CONCEPT SKIERG

Athlete cycle using a SkiErg machine.

#### REP START

- Standing free.
- Both hands on the handles.

#### REP END

- Standing free.
- Both hands on the handles.

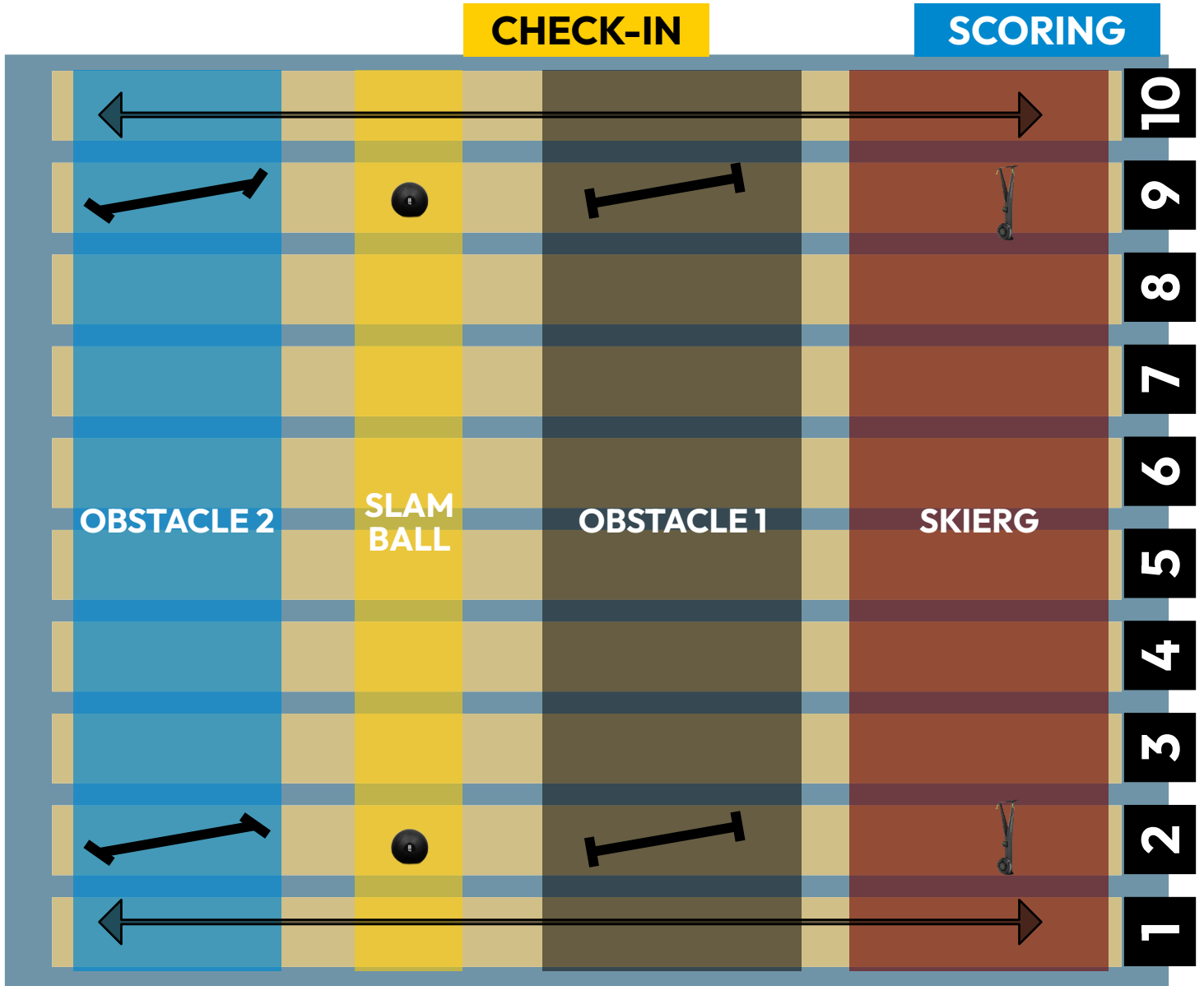
#### REP REQUIREMENTS

- It's not allowed to let go of the handles during the movement. The handles should be released gently at the top of the SkiErg.
- It is allowed to hand over handles to your buddy.
- Ski until the time cap of 12 minutes.

#### VALID OBJECT/EQUIPMENT

- We will use a Concept 2 SkiErg





### INDIVIDUAL

#### AMRAP - TIME CAP = 12 MIN

RX	ADVANCED <sup>(35+)</sup>	REGULAR <sup>(35+)</sup>
<p>6 - SANDBAG CARRY 20 - SANDBAG FRONT SQUATS 10 - AXLE BAR CLEAN &amp; JERKS</p> <p><b>WEIGHT SANDBAG &amp; AXLE BAR:</b> ♂ 60 KG &amp; 70 KG ♀ 50 KG &amp; 50 KG</p>	<p>6 - SANDBAG CARRY 20 - SANDBAG FRONT SQUATS 10 - AXLE BAR CLEAN &amp; JERKS</p> <p><b>WEIGHT SANDBAG &amp; AXLE BAR:</b> ♂ 50 KG &amp; 60 KG ♀ 40 KG &amp; 40 KG</p>	<p>4 - SANDBAG CARRY 20 - SANDBAG FRONT SQUATS 10 - AXLE BAR CLEAN &amp; JERKS</p> <p><b>WEIGHT SANDBAG &amp; AXLE BAR:</b> ♂ 40 KG &amp; 50 KG ♀ 40 KG &amp; 30 KG</p>

#### AMRAP - TIME CAP = 12 MIN

SCALED	TEENS
<p>4 - SANDBAG CARRY 20 - SANDBAG FRONT SQUATS 10 - AXLE BAR CLEAN &amp; JERKS</p> <p><b>WEIGHT SANDBAG &amp; AXLE BAR:</b> ♂ 30 KG &amp; 30 KG ♀ 30 KG &amp; 20 KG</p>	<p>4 - SANDBAG CARRY 20 - SANDBAG FRONT SQUATS 10 - AXLE BAR CLEAN &amp; JERKS</p> <p><b>WEIGHT SLAM BALL &amp; AXLE BAR:</b> ♂ / ♀ 10 KG &amp; 10 KG</p>

#### WORKOUT FLOW - INDIVIDUAL

1. The athlete starts in the "Start box".
2. After '3.....2.....1.....GO!' (start signal) the athlete runs to the sandbag and starts with 6/4 sandbag carries. 1 repetition is 1 length of 8 meters.
3. After the sandbag carry the athlete starts with 20 sandbag front squats.
4. Next, the Athlete does 10 axle bar clean & jerks.
5. When the athlete has completed all three movements he starts again with a new round. The athletes continue until the time cap of 12 minutes.

#### SCORES

- This workout is for repetitions. Your score will be the total number of reps which are made before the workout is over (time cap 12 minutes).

### BUDDY

#### FOR CALORIES - TIME CAP =12MIN

##### RX

6 - SANDBAG CARRY  
 20 - SANDBAG FRONT SQUATS  
 10 - AXLE BAR CLEAN & JERKS

**WEIGHT SANDBAG & AXLE BAR:**

♂ 60 KG & 70 KG  
 ♀ 50 KG & 50 KG  
 ♂ / ♀ (MIXED) 60 KG & 50 KG

##### ADVANCED<sup>(35+)</sup>

6 - SANDBAG CARRY  
 20 - SANDBAG FRONT SQUATS  
 10 - AXLE BAR CLEAN & JERKS

**WEIGHT SANDBAG & AXLE BAR:**

♂ 50 KG & 60 KG  
 ♀ 40 KG & 40 KG  
 ♂ / ♀ (MIXED) 50 KG & 40 KG

### BUDDY

#### FOR CALORIES - TIME CAP =12MIN

##### REGULAR<sup>(35+)</sup>

4 - SANDBAG CARRY  
 20 - SANDBAG FRONT SQUATS  
 10 - AXLE BAR CLEAN & JERKS

**WEIGHT SANDBAG & AXLE BAR:**

♂ 40 KG & 50 KG  
 ♀ 40 KG & 30 KG  
 ♂ / ♀ (MIXED) 40 KG & 30 KG

##### SCLAED

4 - SANDBAG CARRY  
 20 - SANDBAG FRONT SQUATS  
 10 - AXLE BAR CLEAN & JERKS

**WEIGHT SANDBAG & AXLE BAR:**

♂ 30 KG & 30 KG  
 ♀ 30 KG & 20 KG  
 ♂ / ♀ (MIXED) 30 KG & 20 KG

#### IMPORTANT!

Athletes alternate after each movement. So an athlete performs all repetitions of a movement before switching. Both athletes start on the start box. During the workout one athlete is working and the other athlete is resting. The athlete who is resting waits in the start box. Buddies are only allowed to switch in the start box.

#### WORKOUT FLOW - BUDDY

1. Both athletes start in the "Start box".
2. After '3.....2.....1.....GO!' (start signal) Athlete A runs to the sandbag and starts with 6/4 sandbag carries. 1 repetition is 1 length of 8 meters.
3. After the sandbag carry Athlete A drops the object in the indicated box and runs to the "Start box" to switch. Then Athlete B runs back to the sandbag and starts with 20 sandbag front squats.
4. Then the athletes switch again and Athlete A does 10 axle bar clean & jerks.
5. When the athletes had completed all three movements they started again with a new round. The athletes continue until the time cap of 12 minutes.
6. Athletes must switch after each movement. It's not allowed to switch during a movement (split the reps) or change the order. So buddy B starts in the second round with the sandbag carry, Athlete A again in the third round and so forth. Switching is only allowed in the "Start box" . So, it's not allowed to work if the other athlete is not in the box.

#### SCORES

- This workout is for repetitions. Your score will be the total number of reps which are made before the workout is over (time cap 12 minutes).

#### MOVEMENT STANDARDS

##### SANDBAG CARRY

Athlete, with weight in front of chest, carry sandbag over a specific distance.

##### REP START

- Sandbag is kept in front of the chest and/or abs.
- Both feet behind the start line.

##### REP END

- Sandbag is kept in front of the chest and/or abs.
- Both feet behind the end line.

##### REP REQUIREMENTS

- The carry must be done for the full repetition (segment).
- Sandbag is kept front of chest and/or abs throughout the full repetition.
- When the athlete has crossed the line with both feet, he is allowed to put down the sandbag. Throwing is never allowed!

##### CYCLE & POST REP

- Rep end is a valid rep start.

##### SANDBAG FRONT SQUATS

Athlete, with sandbag in front of chest, squats down below parallel and returns to standing.

##### REP START

- Standing tall.
- Sandbag is kept in front of the chest and/or abs.

##### REP END

- Standing tall.
- Sandbag is kept in front of the chest and/or abs.

##### REP REQUIREMENTS

- Achieve the bottom of the squat.
- Sandbag is kept in front of the chest and/or abs throughout the full repetition.

##### CYCLE & POST REP

- Rep end is a valid rep start.

##### AXLE BAR CLEAN & JERKS

Athletes moves object in two motions from ground to overhead.

##### REP START

- Object-on-ground.
- Hand(s) on object.

##### REP END

- Overhead lock-out.

##### REP REQUIREMENTS

- Object is moved in one fluid motion from ground to shoulders and in a second motion from shoulders to an overhead position.

##### CYCLE & POST REP

- The object can be returned to rep start in any controlled manner.
- Throwing the object above the shoulders is not allowed

