



### **23.1A**

0-5min

to Find 7RM Back Squat

5-10min

to Find 5RM Bench Press

10-15min

to Find 3RM Strict Press (from the rack)

SCORE: Total Score of Best Lifts of Each Movements.

Rest 1 min

### **23.1B**

4 min Time Cap

Buy In

40 Box Jump Overs \*

In remaining time

AMRAP Handstand Walk / Dumbbells Overhead Walking Lunges

\* Tie Break Time

SCORE: Total Number of Reps completed in Time after 40 Box Jump Overs.

Rx; Masters 35-40; Masters 40+ (Men Only): Handstand Walk

Masters 40+ (Women Only); Scaled: Dumbbells Overhead Walking Lunges

Masters 40+ (Women Only): 2x15kg

Scaled: 2x15kg/10kg

### **23.2**

18min AMRAP

18 Calories on Concept 2 Rower

15 Toes to Bar / Knees Raises

12 Single Arm Devil Press Alt

9 Bar Muscle Ups / Chest to Bar Pullups / Chin Over Bar Pullups

SCORE: Number of Reps Completed in 18 minutes Time Cap

Rx; Masters 35-40; Masters 40+; Scaled (Men Only): Toes to Bar

Scaled (Women Only): Knees Raises

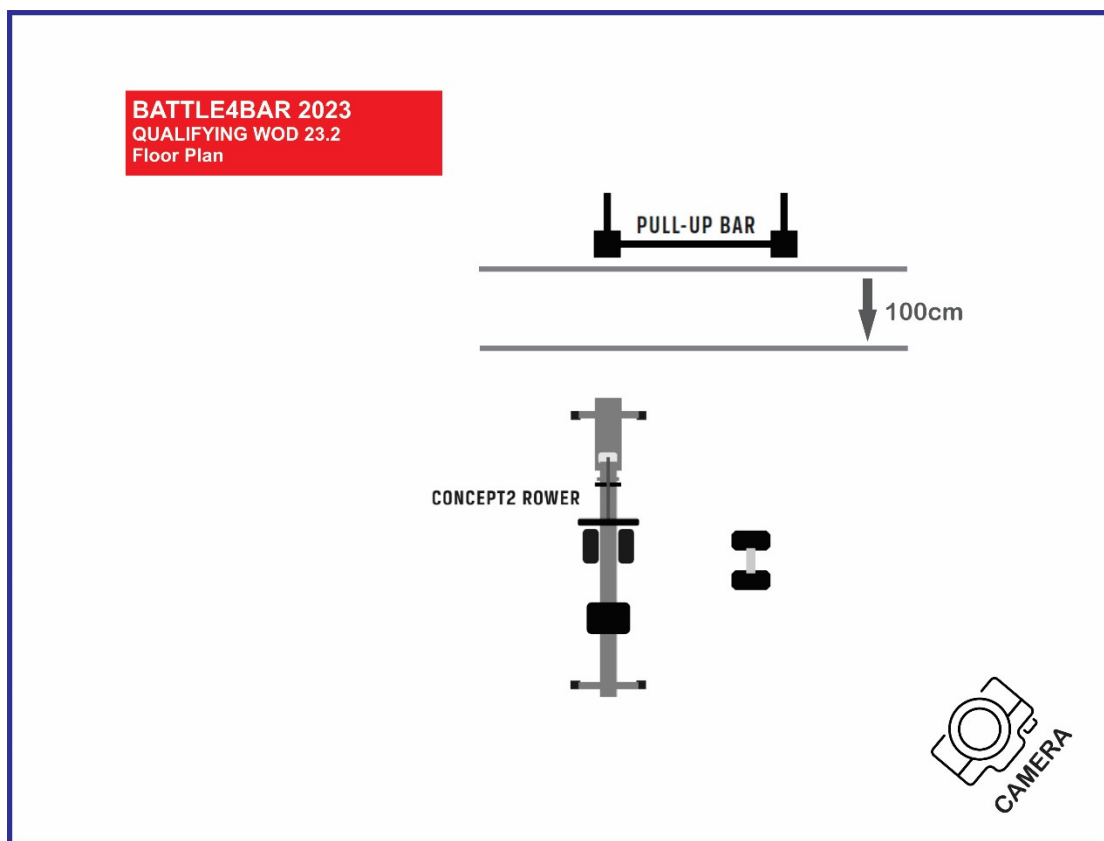
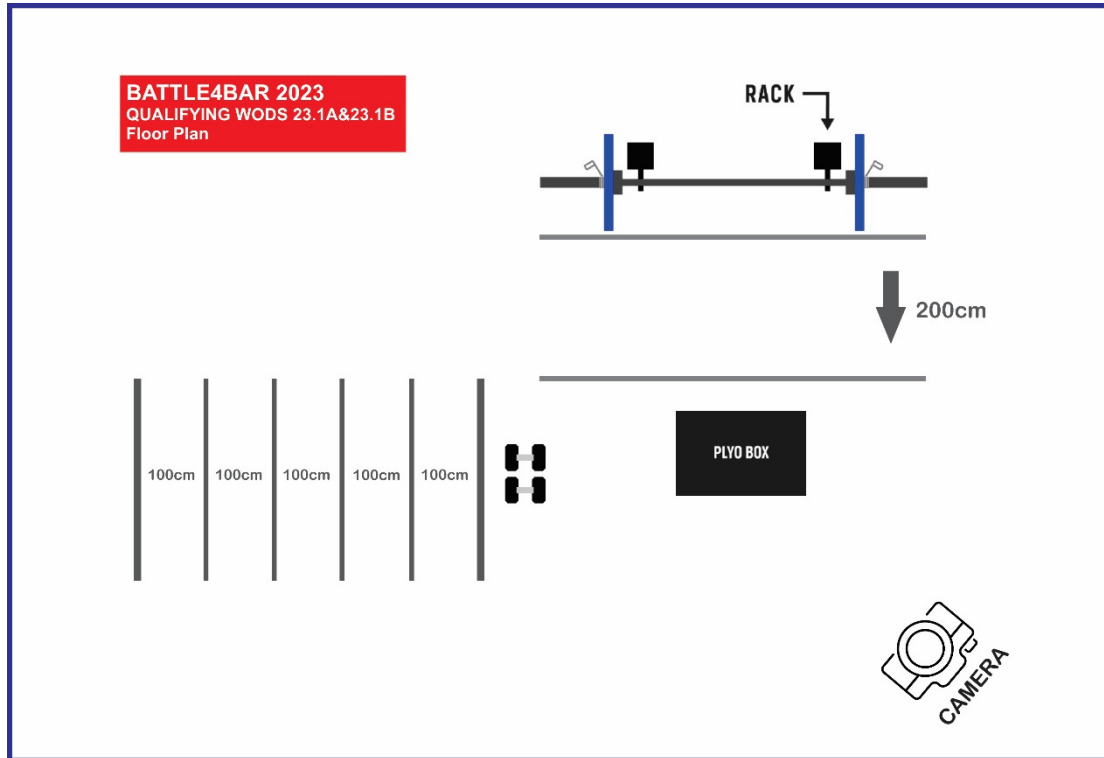
Rx; Masters 35-40; Masters 40+: 22.5kg/15kg

Scaled: 15kg/10kg

Rx; Masters 35-40; Masters 40+ (Men Only): Bar Muscle Ups

Masters 40+(Women Only); Scaled (Men): Chest to Bar Pullups

Scaled (Women): Chin Over Bar Pullups





### **23.1A**

0-5min

to Find 7RM Back Squat

5-10min

to Find 5RM Bench Press

10-15min

to Find 3RM Strict Press (from the rack)

SCORE: Total Score of Best Lifts of Each Movements.

Rest 1 min

### **23.1B**

4 min Time Cap

Buy In

40 Box Jump Overs \*

In remaining time

AMRAP Handstand Walk / Dumbbells Overhead Walking Lunges

\* Tie Break Time

SCORE: Total Number of Reps completed in Time after 40 Box Jump Overs.

Rx; Masters 35-40; Masters 40+ (Men Only): Handstand Walk

Masters 40+ (Women Only); Scaled: Dumbbells Overhead Walking Lunges

Masters 40+ (Women Only): 2x15kg

Scaled: 2x15kg/10kg

Athlete Name: \_\_\_\_\_

Competition Division:                      Rx                      Scaled

Age Division:                                      35-39                      40+

Judge Name: \_\_\_\_\_

Has judge passed CrossFit's Online Judges Course?                      Yes                      No



## 23.1A SCORECARD

<u>7 REP-MAX BACK SQUATS</u>	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
<b>BEST ATTEMPT</b>	

<u>5 REP-MAX BENCH PRESS</u>	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
<b>BEST ATTEMPT</b>	

<u>3 REP-MAX STRICT PRESS</u>	LOAD (WEIGHT IN KGS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
<b>BEST ATTEMPT</b>	

<u>MOVEMENTS</u>	LOAD (WEIGHT IN KGS)
<u>7 REP-MAX BACK SQUATS</u>	
<u>5 REP-MAX BENCH PRESS</u>	
<u>3 REP-MAX STRICT PRESS</u>	
<b>TOTAL SCORE</b>	



## 23.1B SCORECARD

<u>MOVEMENT</u>	<u>REPS</u>					
BOX JUMP OVERS	40					
TIE BREAK TIME						
<u>MOVEMENT</u>	<u>1m (100cm) SEGMENT</u>					<u>REPS</u>
<p style="text-align: center;"><b>HANDSTAND WALK / DOUBLE DUMBBELL OVERHEAD WALKING LUNGES</b></p>	1m	2m	3m	4m	5m	5
	1m	2m	3m	4m	5m	10
	1m	2m	3m	4m	5m	15
	1m	2m	3m	4m	5m	20
	1m	2m	3m	4m	5m	25
	1m	2m	3m	4m	5m	30
	1m	2m	3m	4m	5m	35
	1m	2m	3m	4m	5m	40
	1m	2m	3m	4m	5m	45
	1m	2m	3m	4m	5m	50
	1m	2m	3m	4m	5m	55
	1m	2m	3m	4m	5m	60
	1m	2m	3m	4m	5m	65
	1m	2m	3m	4m	5m	70
	1m	2m	3m	4m	5m	75
1m	2m	3m	4m	5m	80	
<b>NUMBER OF REPS / TOTAL SCORE</b>						



## **23.2**

**18min AMRAP**

**18 Calories on Concept 2 Rower**

**15 Toes to Bar / Knees Raises**

**12 Single Arm Devil Press Alt**

**9 Bar Muscle Ups / Chest to Bar Pullups / Chin Over Bar Pullups**

**SCORE: Number of Reps Completed in 18 minutes Time Cap**

**Rx; Masters 35-40; Masters 40+; Scaled (Men Only): Toes to Bar**

**Scaled (Women Only): Knees Raises**

**Rx; Masters 35-40; Masters 40+: 22.5kg/15kg**

**Scaled: 15kg/10kg**

**Rx; Masters 35-40; Masters 40+ (Men Only): Bar Muscle Ups**

**Masters 40+(Women Only); Scaled (Men): Chest to Bar Pullups**

**Scaled (Women): Chin Over Bar Pullups**

**Athlete Name:** \_\_\_\_\_

**Competition Division:** Rx Scaled

**Age Division:** 35-39 40+

**Judge Name:** \_\_\_\_\_

**Has judge passed CrossFit's Online Judges Course?** Yes No



## 23.2 SCORECARD

<u>ROUNDS</u>	<u>MOVEMENTS</u>	<u>REPS</u>
<b>Round 1</b>	18 Calories on Concept 2 Rower	18
	15 Toes to Bar / Knees Raises	33
	12 Single Arm Devil Press Alt	45
	9 Bar MU / C2B Pullups / Chin Over Bar Pullups	54
<b>Round 2</b>	18 Calories on Concept 2 Rower	72
	15 Toes to Bar / Knees Raises	87
	12 Single Arm Devil Press Alt	99
	9 Bar MU / C2B Pullups / Chin Over Bar Pullups	108
<b>Round 3</b>	18 Calories on Concept 2 Rower	126
	15 Toes to Bar / Knees Raises	141
	12 Single Arm Devil Press Alt	153
	9 Bar MU / C2B Pullups / Chin Over Bar Pullups	162
<b>Round 4</b>	18 Calories on Concept 2 Rower	180
	15 Toes to Bar / Knees Raises	195
	12 Single Arm Devil Press Alt	207
	9 Bar MU / C2B Pullups / Chin Over Bar Pullups	216
<b>Round 5</b>	18 Calories on Concept 2 Rower	234
	15 Toes to Bar / Knees Raises	249
	12 Single Arm Devil Press Alt	261
	9 Bar MU / C2B Pullups / Chin Over Bar Pullups	270
<b>NUMBER OF REPS / TOTAL SCORE</b>		