**Workouts/Events Functional Fitness Challenge 2022**

Rækker: Teams bestående af 2 personer

* Master: WW og MM
* Scaled: MM, WW
* Intermediate: MM, WW
* RX: MM

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| Event  | Scaled | Intermediate | RX | Master |
| 1 | For time:30-20-10 Sync. One arm KB thrusters@20/12 kg6 D-ball to shoulder@50/35 kg12 toes to bar6 D shoulderTime cap: 10 min | 4 rounds for time:21/15 cal assault bike15 sync. toes to bar9 D-ball to shoulder@70/50 kgTime cap: 10 min | 4 rounds for time:21/15 cal assault bike15 sync. toes to bar9 D-ball to shoulder@70/50 kgTime cap: 10 min | 6 rounds for time:1 rope climb12 double KB hang to overhead@2x20/12 kg9 burpees boxjump@60/50 cmTime cap: 10 min |
| 2 | Min 00:00-06:00: 10 rounds for time:45 m shuttle sprint1 rope climbHvis færdiggjort inden min 06:00 fortsættes direkte til event 2.1 | Min 00:00-06:00: 3 rounds for time:21 double KB hang snatches@20/12 kg6 rope climbsHvis færdiggjort inden min 06:00 fortsættes direkte til event 2.1 | Min 00:00-06:00:3 rounds for time:21 double KB hang snatches@20/12 kg6 rope climbs (3. Runde med legless rope climbs)Hvis færdiggjort inden min 06:00 fortsættes direkte til event 2.1 | Min 00:00-06:00:4 rounds for time:15 sync. toes to bar9 d-ball to shoulder@50/35 kg, runde 4@70/50 kgHvis færdiggjort inden min 06:00 fortsættes direkte til event 2.1 |
| 2.1 | Min 06:00-15:00:For antal kg:Find 1RM i følgende complex:1 clean1 front squat1 jerk | Min 06:00-12:00:For antal kg:Find 1 RM:1 snatch (anyhow) | Min 06:00-12:00:For antal kg:Find 1 RM:1 snatch (anyhow) | Min 06:00-13:00:For antal kg:Find 1RM i følgende complex:3 clean2 front squats1 jerk |
| 3 | For time:30 ground to overhead@42,5/30 kg50/30 cal bike100 wall ball@9/6 kg50/30 cal bike30 ground to overheadTime cap: 12 min | For time:40 burpee boxjumps@60/50 cm30 chest to bar pull ups20 squat clean@80/55 kg30 chest to bar pull ups40 burpee boxjumps@60/50 cmTime cap: 12 min | For time:40 burpee boxjumps@60/50 cm30 bar muscle ups20 squat clean@100/70 kg30 bar muscle ups40 burpee boxjumps@60/50 cmTime cap: 12 min | For time:50/30 cal assault bike50 deadlift@90/65 kg50 wall balls@9/6 kg50 Chest to bar pull ups50/30 cal assault bikeTime cap: 12 min |
| 4 | Ikke offentliggjort  | For time:2 rounds for time:80 m d-ball bear hug carry@70/50 kg18 m handstand walkTime cap: 8 min | For time:2 rounds for time:100 double unders80 m d-ball bear hug carry@70/50 kg36 m handstand walk (9 m sets unbroken)Time cap: 8 min | Ingen |