**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 kg  6 D-ball to shoulder@50/35 kg  12 toes to bar  6 D shoulder  Time cap: 10 min | 4 rounds for time:  21/15 cal assault bike  15 sync. toes to bar  9 D-ball to shoulder@70/50 kg  Time cap: 10 min | 4 rounds for time:  21/15 cal assault bike  15 sync. toes to bar  9 D-ball to shoulder@70/50 kg  Time cap: 10 min | 6 rounds for time:  1 rope climb  12 double KB hang to overhead@2x20/12 kg  9 burpees boxjump@60/50 cm  Time cap: 10 min |
| 2 | Min 00:00-06:00:  10 rounds for time:  45 m shuttle sprint  1 rope climb  Hvis 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 kg  6 rope climbs  Hvis 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 kg  6 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 bar  9 d-ball to shoulder@50/35 kg, runde 4@70/50 kg  Hvis 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 clean  1 front squat  1 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 clean  2 front squats  1 jerk |
| 3 | For time:  30 ground to overhead@42,5/30 kg  50/30 cal bike  100 wall ball@9/6 kg  50/30 cal bike  30 ground to overhead  Time cap: 12 min | For time:  40 burpee boxjumps@60/50 cm  30 chest to bar pull ups  20 squat clean@80/55 kg  30 chest to bar pull ups  40 burpee boxjumps@60/50 cm  Time cap: 12 min | For time:  40 burpee boxjumps@60/50 cm  30 bar muscle ups  20 squat clean@100/70 kg  30 bar muscle ups  40 burpee boxjumps@60/50 cm  Time cap: 12 min | For time:  50/30 cal assault bike  50 deadlift@90/65 kg  50 wall balls@9/6 kg  50 Chest to bar pull ups  50/30 cal assault bike  Time cap: 12 min |
| 4 | Ikke offentliggjort | For time:  2 rounds for time:  80 m d-ball bear hug carry@70/50 kg  18 m handstand walk  Time cap: 8 min | For time:  2 rounds for time:  100 double unders  80 m d-ball bear hug carry@70/50 kg  36 m handstand walk (9 m sets unbroken)  Time cap: 8 min | Ingen |