



Athlete Name: _____

Competition Division: Rx Scaled
Age Division: 30+ 35+ 40+ 45+ 50+ 55+ 60+

QUALIFICATION WORKOUT
24Q1 A+B

AMRAP /Time Cap: 15 minutes /

24Q1 A: ROW 2000/1600m Row			Time			
24Q1 B: IN REMAINING TIME AS MANY REPS AS POSSIBLE						
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS	
Rd 1	4 Clean and Jerk	4	Rd 4	4 Clean and Jerk	96	
	8 Toe To Bar	12		8 Toe To Bar	104	
	8 Box Jump Overs	20		16 Box Jump Overs	120	
Rd 2	4 Clean and Jerk	24	Rd 5	4 Clean and Jerk	124	
	8 Toe To Bar	32		8 Toe To Bar	132	
	10 Box Jump Overs	42		18 Box Jump Overs	150	
Rd 3	4 Clean and Jerk	46	Rd 6	4 Clean and Jerk	154	
	8 Toe To Bar	54		8 Toe To Bar	162	
	12 Box Jump Overs	66		20 Box Jump Overs	182	
Rd 4	4 Clean and Jerk	70	Rd 7	4 Clean and Jerk	186	
	8 Toe To Bar	78		8 Toe To Bar	194	
	14 Box Jump Overs	92		22 Box Jump Overs	216	

Row: 30-45 Age Division 2000/1600m

45-55 Age Division 1800/1400m

55+ Age Division 1600/1200m

Box Jump Overs: All Categories 60/50cm

Clean and Jerk:	RX	Scaled
	30-45 80/55	70/45
	45-55 60/40	50/35
	55+ 50/35	40/25



Athlete Name: _____

Competition Division: Rx Scaled
 Age Division: 30+ 35+ 40+ 45+ 50+ 55+ 60+

QUALIFICATION WORKOUT
24Q2 A+B

For Time /Time Cap: 13 minutes /

24Q2 A: 4 Rounds for Time (4 min Time Cap)					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	5m HSW		Rd 3	15m HSW	
	3 Bar MU			9 Bar MU	
Rd 2	10m HSW		Rd 4	20m HSW	
	6 Bar MU			12 Bar MU	
Time / Reps					
1 min TRANSITION TIME					

24Q2 B: For Time (8 min Time Cap)					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	6 Snatches	6	Rd 3	14 Snatches	46
	6 Lateral Burpees over Bar	12		14 Lateral Burpees over Bar	60
Rd 2	10 Snatches	22	Rd 4	18 Snatches	78
	10 Lateral Burpees over Bar	32		18 Lateral Burpees over Bar	96
Time / Reps					

Snatch : RX Scaled
30-45 50/35 45/30
45-55 45/30 40/25
55+ 40/25 35/20

Bar Muscle Ups and HSW: RX Scaled
30-45 3/6/9/12 4/8/12/16
45-55 2/4/6/8 2/4/6/8
55+ 1/2/3/4

Scaled Division: Men / Chest to Bar Pullups
 Women / Pullups



Athlete Name: _____

Competition Division: **Rx** **Scaled**

Age Division: **30+** **35+** **40+** **45+** **50+** **55+** **60+**

QUALIFICATION WORKOUT

24Q2 A+B

For Time /Time Cap: 13 minutes /

24Q2 A: 4 Rounds for Time (4 min Time Cap) / SCALED ONLY					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	2 Wall Walk		Rd 3	6 Wall Walk	
	4 C2B Pullups			12 C2B Pullups	
Rd 2	4 Wall Walk		Rd 4	8 Wall Walk	
	8 C2B Pullups			16 C2B Pullups	
Time / Reps					
1 min TRANSITION TIME					
24Q2 B: For Time (8 min Time Cap)					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	6 Snatches	6	Rd 3	14 Snatches	46
	6 Lateral Burpees over Bar	12		14 Lateral Burpees over Bar	60
Rd 2	10 Snatches	22	Rd 4	18 Snatches	78
	10 Lateral Burpees over Bar	32		18 Lateral Burpees over Bar	96
Time / Reps					

Snatch :	RX	Scaled
	30-45 50/35	45/30
	45-55 45/30	40/25
	55+ 40/25	35/20

Bar Muscle Ups and HSW:	RX	Scaled
	30-45 3/6/9/12	4/8/12/16
	45-55 2/4/6/8	2/4/6/8
	55+ 1/2/3/4	

Scaled Division: Men / Chest to Bar Pullups
Women / Pullups



Athlete Name: _____

Competition Division: Rx Scaled

Age Division: 30+ 35+ 40+ 45+ 50+ 55+ 60+

QUALIFICATION WORKOUT

24Q2 A+B

For Time /Time Cap: 13 minutes /

24Q2 A: 4 Rounds for Time (4 min Time Cap) / 55+ FEMALE ATHLETES ONLY					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	2 Wall Walk		Rd 3	6 Wall Walk	
	2 C2B Pullups			6 C2B Pullups	
Rd 2	4 Wall Walk		Rd 4	8 Wall Walk	
	4 C2B Pullups			8 C2B Pullups	
Time / Reps					
1 min TRANSITION TIME					
24Q2 B: For Time (8 min Time Cap)					
RDS	MOVEMENTS	REPS	RDS	MOVEMENTS	REPS
Rd 1	6 Snatches	6	Rd 3	14 Snatches	46
	6 Lateral Burpees over Bar	12		14 Lateral Burpees over Bar	60
Rd 2	10 Snatches	22	Rd 4	18 Snatches	78
	10 Lateral Burpees over Bar	32		18 Lateral Burpees over Bar	96
Time / Reps					

Snatch :	RX	Scaled
	30-45 50/35	45/30
	45-55 45/30	40/25
	55+ 40/25	35/20

Bar Muscle Ups and HSW:	RX	Scaled
	30-45 3/6/9/12	4/8/12/16
	45-55 2/4/6/8	2/4/6/8
	55+ 1/2/3/4	

Scaled Division: Men / Chest to Bar Pullups
 Women / Pullups