

ORBIT



GERMAN TEEN SHOWDOWN

A CrossFit Herne event

WORKOUT 1 - Qualifier 22.1

presented by



LIFT HEAVY

DIVISION 2

Age 14 - 15

AMRAP 8

18 Single Under
4 Burpee Broad Jump
6 Knee Raises

Standards

Burpee Broad Jump:
40 cm

Round	18 Single Under	4 Burpee Broad Jump	6 Knee Raises
1	18	22	28
2	46	50	56
3	74	78	84
4	102	106	112
5	130	134	140
6	158	162	168
7	186	190	196
8	214	218	224
9	242	246	252
10	270	274	280
11	298	302	308
12	326	330	336
13	354	358	364
14	382	386	392
15	410	414	420
16	438	442	448
17	466	470	476
18	494	498	504
19	522	526	532
20	550	554	560

Reps: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this workout: _____

Date

Athlete Signature