

ORBIT



GERMAN TEEN SHOWDOWN

A CrossFit Herne event

WORKOUT 1 - Qualifier 22.1

presented by



LIFT HEAVY

DIVISION 4 Age 18 - 19

AMRAP 8

24 Double Under
6 Burpee Broad Jump
8 Toes To Bar

Standards

Burpee Broad Jump:
60 cm

| Round | 24 Double Under | 6 Burpee Broad Jump | 8 Toes To Bar |
|-------|-----------------------|---------------------------|---------------------|
| 1 | 24 | 30 | 38 |
| 2 | 62 | 68 | 76 |
| 3 | 100 | 106 | 114 |
| 4 | 138 | 144 | 152 |
| 5 | 176 | 182 | 190 |
| 6 | 214 | 220 | 228 |
| 7 | 252 | 258 | 266 |
| 8 | 290 | 296 | 304 |
| 9 | 328 | 334 | 342 |
| 10 | 366 | 372 | 380 |
| 11 | 404 | 410 | 418 |
| 12 | 442 | 448 | 456 |
| 13 | 480 | 486 | 494 |
| 14 | 518 | 524 | 532 |
| 15 | 556 | 562 | 570 |

Reps: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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