

# ORBIT



**GERMAN TEEN SHOWDOWN**

A CrossFit Herne event

## WORKOUT 1 - Qualifier 22.1

presented by



LIFT HEAVY

# DIVISION 1 Age 12 - 13

### AMRAP 8

**15 Jumping Jacks**  
**3 Burpee Broad Jump**  
**5 Sit Ups**

### Standards

**Burpee Broad Jump:**  
**30 cm**

Round	15 Jumping Jacks	3 Burpee Broad Jump	5 Sit Ups
1	15	18	23
2	38	41	46
3	61	64	69
4	84	87	92
5	107	110	115
6	130	133	138
7	153	156	161
8	176	179	184
9	199	202	207
10	222	225	230
11	245	248	253
12	268	271	276
13	291	294	299
14	314	317	322
15	337	340	345
16	360	363	368
17	383	386	391
18	406	409	414
19	429	432	437
20	452	455	460

Reps: \_\_\_\_\_

Athlete Name: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Judge Name: \_\_\_\_\_

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