

# ZENITH



**GERMAN TEEN SHOWDOWN**  
A CrossFit Herne event

## WORKOUT 2 - Qualifier 22.2

presented by

# ELEIKO

## DIVISION 1

## Age 12 - 13

### Death By OHS (EMOM-Style)

**4 x 8m Shuttle Run  
1 Overhead Squat**

**(+ 1 Overhead Squat Every  
Minute)**

**Standard**

**PVC - Pipe / Wooden Stick**

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

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

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

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

Round	4x8m Shuttle Run	Round = Overhead Squat
1	4	5
2	9	11
3	15	18
4	22	26
5	30	35
6	39	45
7	49	56
8	60	68
9	72	81
10	85	95
11	99	110
12	114	126
13	130	143
14	147	161
15	165	180
16	184	200
17	204	221
18	225	243
19	247	266
20	270	290
21	294	315
22	319	341
23	345	368
24	372	396
25	400	425

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

Date

Athlete Signature