

ORBIT



GERMAN TEEN SHOWDOWN

A CrossFit Herne event

WORKOUT 1 - Qualifier 22.1

presented by



LIFT HEAVY

DIVISION 3

Age 16 - 17

AMRAP 8

21 Double Under
5 Burpee Broad Jump
7 Leg Raises

Standards

Burpee Broad Jump:
50 cm

Round	21 Double Under	5 Burpee Broad Jump	7 Leg Raises
1	21	26	33
2	54	59	66
3	87	92	99
4	120	125	132
5	153	158	165
6	186	191	198
7	219	224	231
8	252	257	264
9	285	290	297
10	318	323	330
11	351	356	363
12	384	389	396
13	417	422	429
14	450	455	462
15	483	488	495

Reps: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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