



ZHR GMS 024		Individual Workout		
Day 1 / Event 1 / Workout 1		Heat:		
Individual Name:				
“Speed and Power”				
1a - Snatch Ladder – TC 3’				
	4 Reps of:	3 Reps of:	2 Reps of:	1 Rep of:
M	65	70	75	85
W	40	45	50	55
Time:				
1b – Clean & Jerk Ladder – TC 3’				
M	80	90	100	110
W	60	65	70	75
Time:				
Total Time 1a+1b:				
Day 1 / Event 2 /1c				
“The Sport of Cross Lifting”		1c		
1 RM Snatch	1.	2.	3.	
1 RM Clean & Jerk	1.	2.	3.	
Score:	Max Snatch		Max C&J	
Day 1 / Event 3 /1c Top3				
“The Sport of Weightlifting”		1d		
1 RM Snatch	1.	2.	3.	
1 RM Clean & Jerk	1.	2.	3.	
Score:	Max Snatch		Max C&J	
Signatures	Judge:		Athlete:	
1a & 1b:				
1c:				
1c Top 3:				



ZHR GMS 024	Individual Workout
Day 2 / Event 3 / Workout 1	Heat:
Individual Name:	
“Endurance Test”	TC 30’
400/300 m Air Runner	400/300
30 T2B	430/330
400/300 m Air Runner	830/630
30 T2B	860/660
400/300 m Air Runner	1260/960
15 Box Step Over @2x 24/16kg	1275/975
400/300 m Air Runner	1675/1275
15 Box Step Over @2x 24/16kg	1690/1290
400/300 m Air Runner	2090/1590
5/4 Rope Climbs	2095/1594
400/300 m Air Runner	2495/1894
5/4 Rope Climbs	2500/1898
400/300 m Air Runner	2900/2198
30m Mixed KB front rack & OH walking lunges @2x 24/16kg	2930/2228
400/300 m Air Runner	3330/2528
30m Mixed KB front rack & OH walking lunges @2x 24/16kg	3360/2558
Score - Time:	
Judge:	Athlete:



ZHR GMS 024	Individual Workout
Day 2 / Event 5 / Workout 2	Heat:
Individual Name:	
Sprint	TC 5'
40/30 cal Bike	40/30
30 Thruster @ 50/35 kg	70/60
20/15 cal Bike	90/75
10 Thruster @ 50/35 kg	100/85
Score - Time:	
Judge:	Athlete:



ZHR GMS 024	Individual Workout
Day 3 / Event 3 / Workout 1	
Individual Name:	
Gymnastic	TC 3' /3'/4'
Round 1:	
Handstand walk complex	
12 SA DB OH Squats 30/22.5 kg	
Time	
Max Ring Muscle Ups	
R1 Score – Total Ring Muscle Ups	
Round 2:	
Handstand walk complex	
12 SA DB OH Squats 30/22.5 kg	
Time	
Max Ring Muscle Ups	
R2 Score – Total Ring Muscle Ups	
Round 3:	
Handstand walk complex	
12 SA DB OH Squats 30/22.5 kg	
Time	
Max Ring Muscle Ups	
R3 Score – Total Ring Muscle Ups	
Score –Total Reps R1, R2 & R3:	
Judge:	Athlete:



ZHR GMS 024		Individual Workout
Day 3 / Event 5 / Workout 2		Heat:
Individual Name:		
Eliminator	TC 5' /5' /5'	
Round 1		
21 Hspu		21
10m Sandbag carry 70kg/45kg		31
21 Alt pistols		52
10m Sandbag carry 70kg/45kg		62
21 Cheat to bar pull ups		83
10m Sandbag carry 70kg/45kg		93
Time - Round 1		
Round 2		
18 Deficit Hspu		18
10m Sandbag carry 70kg/45kg		28
21 Alt pistols		49
10m Sandbag carry 70kg/45kg		59
21 Cheat to bar pull ups		80
10m Sandbag carry 70kg/45kg		90
Time - Round 2		
Round 3		
15 wall facing Hspu		15
10m Sandbag carry 70kg/45kg		25
21 Alt pistols		46
10m Sandbag carry 70kg/45kg		56
21 Cheat to bar pull ups		77
10m Sandbag carry 70kg/45kg		87
Time - Round 3		
Signatures	Judge:	Athlete:
Round 1:		
Round 2:		
Round 3:		