



EVENT 2 – SHAKE YOUR THANG

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

BEG.

SET A **30 MINUTE CLOCK** RUNNING CLOCK

PART A (0:00 – 20:00)

COMPLETE AS MANY ROUNDS AS POSSIBLE IN **20 MINUTES** OF:

60 Double Unders (2 x single skips for beginners – 120 skips = 60 reps)

30 Wall Balls @ 6kg (4kg for beginners)

16 Push Ups (knee push ups for beginners)

200m Row (each 50m is 1 rep – i.e. 200m = 4 reps)

* Partners can swap in and out as desired

	60 Double Unders (or 120 single skips for beginners)	30 Wallballs	16 Push- Ups	200m Row	
Round 1					110
Round 2					220
Round 3					330
Round 4					440
Round 5					550
Round 6					660
Round 7					770
Round 8					880
Round 9					990
Round 10					1100
Round 11					1210

TOTAL REPS: _____

PART B (FROM 20:00 – 30:00) - AT THE COMPLETION OF THE 20 MINUTES, BOTH PARTNERS TO FIND A 1-REP MAX DEADLIFT IN 10 MINUTES

Score is each athlete's heaviest lift combined

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
ATHLETE 1					
ATHLETE 2					

Athlete 1 heaviest successful lift: _____ Athlete 2 heaviest successful lift: _____

Combined Weight: _____