



EVENT 3 – KILLING TIME

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

BEG.

ADVANCED / INTERMEDIATE / MASTERS

FOR TIME (WITH A 22 MINUTE TIME CAP)

Buy In: 50 Sync Burpees

Then Split Reps as Required:

80 Thrusters *(bar cannot touch the ground)*

70 Box Jump Overs 20" (Step up permitted for Masters)

60 Toes To Bar

40 Power Snatch *(bar cannot REST on the ground – must be touch and go)*

30 Overhead Squats *(bar cannot touch the ground)*

20 Bar Muscle Ups / Chest to Bars

*** IF THE BAR IS PUT DOWN IN THE MIDDLE OF THE THRUSTER, SNATCH OR OVERHEAD SQUAT, OR DURING THE TRANSITION FROM THE SNATCH TO THE OVERHEAD SQUAT, STOP AND PERFORM 3 SYNC BURPEES. THESE DO NOT COUNT TOWARDS YOUR SCORE.**

ADVANCED – 35kg & Bar Muscle Ups

INTERMEDIATE– 30Kg & Chest to Bar

MASTERS – 30Kg & Chest to Bar

(Masters may substitute toes to bar with 3 x knee raises if required – i.e. 3 knee raises = 1 rep)

(Masters may substitute overhead squats with 2 x front squats if required – i.e. 2 front squats = 1 rep)

(Masters may substitute chest to bar with 2 x jumping chest to bar if required – i.e. 2 jumping chest to bar = 1 rep)

	Burpee	Thrusters	Box Jump Overs	Toes to Bar	Power Snatch	Overhead Squat	BMU/C2B
10							
20							
30							
40							
50							
60							
70							
80							

REPS 50 130 200 260 300 330 350

Completed Time: _____ or Completed Reps if Time Capped _____



EVENT 3 – KILLING TIME

TEAM NAME: _____

JUDGES NAME: _____

ADV.

INT.

MAST.

BEG.

BEGINNERS

FOR TIME (WITH A 22 MINUTE TIME CAP)

Buy In: 40 Sync Burpees

Then Split Reps as Required:

80 Thrusters @ 15KG (*bar cannot touch the ground*)

70 Box Jump Overs 20" (Step up permitted)

60 Knee Raises

40 Kettlebell Swings 16KG

30 Front Squats @ 15KG (*bar cannot touch the ground*)

20 Power Snatch @ 15KG (*start from below the knees-bar cannot touch the ground*)

*** IF THE BAR IS PUT DOWN IN THE MIDDLE OF THE THRUSTER, FRONT SQUAT OR POWER SNATCH, OR DURING THE TRANSITION FROM THE FRONT SQUAT TO POWER SNATCH, STOP AND PERFORM 3 SYNC BURPEES. THESE DO NOT COUNT TOWARDS YOUR SCORE.**

	Burpee	Thrusters	Box Jump Overs	Knee Raises	KB Swings	Front Squat	Power Snatch
10							
20							
30							
40							
50							
60							
70							
80							
REPS	40	120	190	250	290	320	340

Completed Time: _____ or Completed Reps if Time Capped _____