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XPODIUM

QUALIFYING



EVENT 3: BALLS UP

INDIVIDUAL SCALED

7 MIN TIME CAP

Ascending Ladder 3-6-9-12-15-18...

Unbroken Wall Balls 9 Ft Target

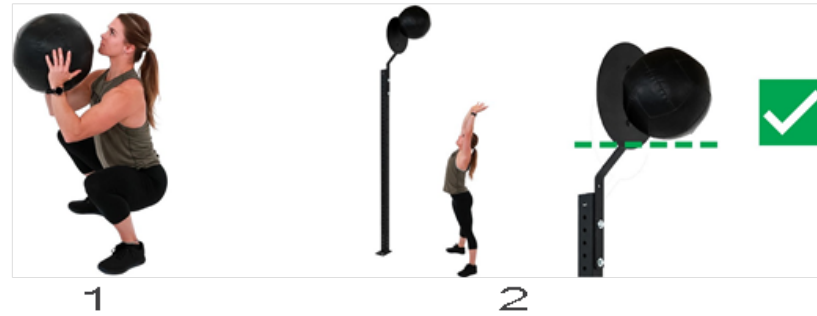
9 kg -Wall Ball Male and Female

NOTES & FAQ:

- Workout Starts with Athletes behind the designated lane
- All sets must be performed Unbroken meaning if the ball fails to the floor or any of the members holds the ball for more than 2 second they will have to restart the set.
- The workout ends at the 7 minutes mark, Team must continue accumulating rounds till the Time Cap.

WALL BALLS

REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
 - A squat clean is allowed, but not required, to start a set.
 - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

COMMON NO REPS

NOTE: This list is not exhaustive.



• Squatting at or above parallel.



• The ball hitting low on the target



• The ball not making contact with the wall target

ADDITIONAL

• Allowing the ball to drop from the target and catching it on the bounce/rebound

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SCORE CARD: INDIVIDUAL SCALED BALLs UP

ROUND OF 3	3
ROUND OF 6	9
ROUND OF 9	18
ROUND OF 12	30
ROUND OF 15	45
ROUND OF 18	63
ROUND OF 21	84
ROUND OF 24	108
ROUND OF 27	135
ROUND OF 30	165
ROUND OF 33	198
ROUND OF 36	234
ROUND OF 39	275
TOTAL REPS AT TIME CAP	

ATHLETE NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 3

ATHLETE NAME: _____ CAT: F REPS: _____

JUDGE NAME: _____ Athlete Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____