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XPODIUM

QUALIFYING EVENT



EVENT 3: BALLS UP

FITNESS

7 MIN TIME CAP

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

Unbroken Synchro Wall Balls 9 Ft Target

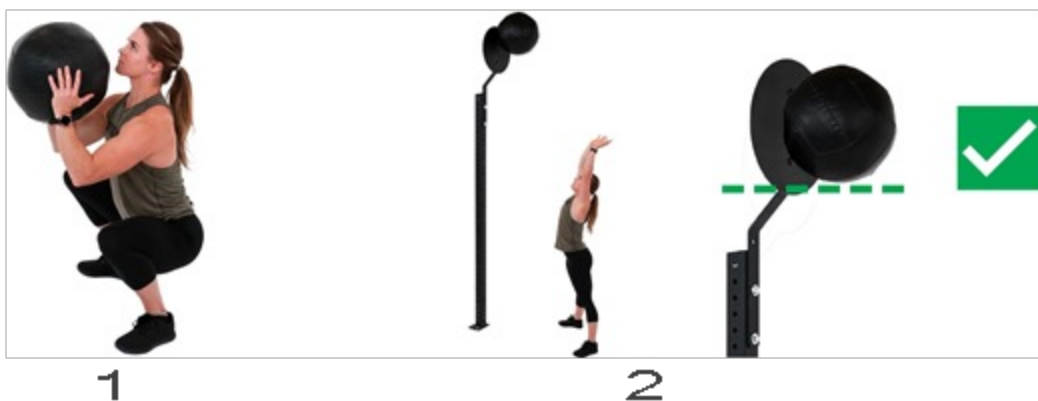
6 kg – 4 kg Wall Ball

NOTES & FAQ:

- Workout Starts with All 4 Athletes behind the designated lane
- First Pair performs the Wall Balls. There are two balls each athlete can choose whatever ball they want.
- Once the team completes successfully the first set can move to the next set.
- After each set at least one member must change in the pair
- Each Athlete must perform at least one set for the workout to be valid.
- Athletes must comply a full set before they can change. If they fail to complete the set the next pair must re start.
- For the next athlete / pair to join team need to tap the next one.
- 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.
- Synchronization is on the target: Both ball must Touch at the same time
- 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: BALLS UP

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6 kg – 4 kg Wall Ball

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	

TEAM NAME: _____ CAT: FITNESS REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 3 FITNESS

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