

FUELLED BY

**XPODIUM**



## FINALE: BAR FIGHT

### 8 MINUTE WORKOUT

- 9 Axle Flips
- 20 Axle Deadlifts
- 12 Axle Flips
- 20 Axle Front Squats
- 15 Axle Flips

Axle Weight without plates: 18 kg

**RX MALE**

4x45 lbs plates

**RX FEMALE**

4x35 lbs plates

**SCALED MALE**

4x35 lbs plates

**SCALE FEMALE**

4x25 lbs plates

### NOTES & FAQ:

- Top 3 Athletes in each category after Event 5 will be invited to perform the finale.

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QUALIFYING



### SCORE CARD:

|                      |    |
|----------------------|----|
|                      |    |
| 9 Axle Flips         | 9  |
| 20 Axle Deadlifts    | 29 |
| 12 Axle Flips        | 41 |
| 20 Axle Front Squats | 61 |
| 15 Axle Flip         | 76 |
| TOTAL REPS:          |    |
| TIME                 |    |

ATHLETE NAME: \_\_\_\_\_ CAT: \_\_\_\_\_ REPS: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

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

Judge Signature: \_\_\_\_\_

### FINALE

Athlete NAME: \_\_\_\_\_ CAT: \_\_\_\_\_ REPS: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

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

Judge Signature: \_\_\_\_\_