

FUELED BY

XPODIUM

QUALIFYING EVENT



FINALE: BAR FIGHT

12 MINUTE WORKOUT

6 Axle Flips (1 Athlete)

20 Axle Deadlifts (2 Athletes)

9 Axle Flips (1 Athlete)

20 Axle Front Squats (2 Athletes)

12 Axle Flips (1 Athlete)

20 Axle Shoulder to Overhead (2 Athletes)

15 Axle Flips (1 Athlete)

20 Axle Thrusters (2 Athletes)

Axle Weight without plates: 18 kg

FITNESS

4x25 lbs plates

SCALED

4x35 lbs plates

MASTERS

4x45 lbs plates

MASTERS

4x55 lbs plates

NOTES & FAQ:

- Top 3 Teams in each category after Event 5 will be invited to perform the finale
- Each Athlete must perform one round of the Axle Flips and 2 rounds of the Axle barbell movements.
- Teams can determine the order of the athletes
- Deadlifts – Front Squats, Shoulder to Overhead and Thrusters standards will follow the CrossFit Standards. No Synchronization is at the top of the movement for all movements.

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SCORE CARD:

6 Axle Flips	6
20 Axle Deadlifts	26
9 Axle Flips	35
20 Axle Front Squats	55
12 Axle Flip	67
20 Axle Sholder to Overhead	87
15 Axle Flips	102
20 Axle Thrusters	122
TOTAL REPS:	
TIME	

TEAM NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

FINALE

TEAM NAME: _____ CAT: _____ REPS: _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____