

	CHALLENGE DIVISION	COMPETE DIVISION
ROUND 01		
BIKE	2 bikes working Max meters Score = Bike with lowest distance	2 bikes working Max meters Score = Bike with lowest distance
SYNCHRO DEADLIFTS (2x60kg / 2x40kg)	2 athletes working Max synchro reps Score = Reps x 25 points	2 athletes working Resting athletes hold barbells off the ground Max synchro reps Score = Reps x 20 points <i>*All-female teams = Reps x 25 points</i>
ROW	2 rowers working Max meters Score = Lowest distance	2 rowers working Max meters Score = Lowest distance
SYNCHRO BURPEES	2 athletes working Jump/step over a line Max synchro reps Score = Reps	4 athletes working Jump over a 12" hurdle Max synchro reps Score = Reps
RUN	1 athlete working Max meters Score = Meters	1 athlete working must wear a weighted vest (10kg/7kg) Max meters Score = Meters
	CHALLENGE DIVISION	COMPETE DIVISION
ROUND 02		
BIKE	2 bikes working Max meters Score = Bike with lowest distance	2 bikes working Max meters Score = Bike with lowest distance
SYNCHRO DUMBBELL SNATCH (2x20kg / 2x 12.5kg)	2 athletes working Max synchro reps Score = reps x 25 points	2 athletes working Resting athletes must hold dumbbells above waist height Max synchro reps Score = reps x 20 points <i>*All-female teams = Reps x 25 points</i>
ROW	2 rowers working Max meters Score = Lowest distance	2 rowers working Max meters Score = Lowest distance
SYNCHRO SANDBAG OVER SHOULDER (2x30kg / 2x20kg)	2 athletes working Max synchro reps Score = reps	2 athletes working Resting athletes must hold sandbags at chest height Max synchro reps Score = reps
RUN	1 athlete working Max meters Score = Meters	1 athlete working must wear a weighted vest (10kg/7kg) Max meters Score = Meters