



		CHALLENGE DIVISION	COMPETE DIVISION
01	BIKE	2 bikes working Max meters Score = Meters from both bikes	2 bikes working Max meters Score = Meters from both bikes
02	SYNCHRO BOX STEP UP (18")	2 athletes working Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working Weighted step ups 10kg / 20kg Max synchro reps Score = Reps (1 synchro = 1 rep)
03	SYNCHRO DEADLIFT	2 athletes working 2x35kg / 2x60kg Score = Reps (1 synchro = 1 rep)	2 athletes working 2x60kg / 2x80kg Score = Reps (1 synchro = 1 rep)
04	SKI ERG	2 skis working Max meters Score = Meters from both skis	2 skis working Max meters Score = Meters from both skis
05	SYNCHRO BURPEE OVER HURDLE	2 athletes working 12" step or jump Max reps Score = Reps (1 synchro = 1 rep)	4 athletes working 18" jump Max reps Score = Reps (1 synchro = 1 rep)
06	SYNCHRO DUMBBELL SNATCH (2x20kg / 2x12.5kg)	2 athletes working Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working Max synchro reps Score = Reps (1 synchro = 1 rep)
07	ROW	2 rowers working Max meters Score = Meters from both rowers	2 rowers working Max meters Score = Meters from both rowers
08	SYNCHRO AMERICAN KETTLEBELL SWING (2x20kg / 2x 12kg) HEAVY SINGLE SKIP	2 athletes working Max synchro reps Kettlebell Swing Score = Reps (1 synchro = 1 rep)	2 athletes working Max synchro reps Heavy Single Rope Skips Score = Reps (1 skip = 1 rep)
09	SYNCHRO SANDBAG OVER SHOULDER	2 athletes working 2x20kg / 2x30kg Max synchro reps Score = Reps (1 synchro = 1 rep)	2 athletes working 2x30kg / 2x50kg Max synchro reps Reps (1 synchro = 1 rep)