



# WEEK 1 – QUALIFIER WORKOUT 2

6.13.18 7PM CDT – 6.18.18 7PM CDT

– RX –

ATHLETE NAME

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## MEN

### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
 (20lb Wall Ball – 10ft Target)  
 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Toes to Bar

	Time
20 Wall Ball Shots	20
10 Toes to Bar	30
18 Wall Ball Shots	48
9 Toes to Bar	57
16 Wall Ball Shots	73
8 Toes to Bar	81
14 Wall Ball Shots	95
7 Toes to Bar	102
12 Wall Ball Shots	114
6 Toes to Bar	120

## WOMEN

### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
 (14lb Wall Ball – 9ft Target)  
 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Toes to Bar

	Time
10 Wall Ball Shots	130
5 Toes to Bar	135
8 Wall Ball Shots	143
4 Toes to Bar	147
6 Wall Ball Shots	153
3 Toes to Bar	156
4 Wall Ball Shots	160
2 Toes to Bar	162
2 Wall Ball Shots	164
1 Toes to Bar	165

FINAL TIME:	MIN	SEC
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Presented by:





# WEEK 1 – QUALIFIER WORKOUT 2

6.13.18 7PM CDT – 6.18.18 7PM CDT

## – INTERMEDIATE –

ATHLETE NAME

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### MEN

#### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
(20lb Wall Ball – 10ft Target)

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Hanging Knee Raises

	Time
20 Wall Ball Shots	20
10 Hanging Knee Raises	30
18 Wall Ball Shots	48
9 Hanging Knee Raises	57
16 Wall Ball Shots	73
8 Hanging Knee Raises	81
14 Wall Ball Shots	95
7 Hanging Knee Raises	102
12 Wall Ball Shots	114
6 Hanging Knee Raises	120

### WOMEN

#### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
(14lb Wall Ball – 9ft Target)

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Hanging Knee Raises

	Time
10 Wall Ball Shots	130
5 Hanging Knee Raises	135
8 Wall Ball Shots	143
4 Hanging Knee Raises	147
6 Wall Ball Shots	153
3 Hanging Knee Raises	156
4 Wall Ball Shots	160
2 Hanging Knee Raises	162
2 Wall Ball Shots	164
1 Hanging Knee Raises	165

FINAL TIME:	MIN	SEC
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Presented by:





# WEEK 1 – QUALIFIER WORKOUT 2

6.13.18 7PM CDT – 6.18.18 7PM CDT

– SCALED –

ATHLETE NAME

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## MEN

### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
(14lb Wall Ball – 10ft Target)

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Hanging Knee Raises

	Time
20 Wall Ball Shots	20
10 Hanging Knee Raises	30
18 Wall Ball Shots	48
9 Hanging Knee Raises	57
16 Wall Ball Shots	73
8 Hanging Knee Raises	81
14 Wall Ball Shots	95
7 Hanging Knee Raises	102
12 Wall Ball Shots	114
6 Hanging Knee Raises	120

## WOMEN

### 12-MINUTE CAP

20, 18, 16, 14, 12, 10, 8, 6, 4, 2 Wall Ball Shots  
(10lb Wall Ball – 9ft Target)

10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Hanging Knee Raises

	Time
10 Wall Ball Shots	130
5 Hanging Knee Raises	135
8 Wall Ball Shots	143
4 Hanging Knee Raises	147
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3 Hanging Knee Raises	156
4 Wall Ball Shots	160
2 Hanging Knee Raises	162
2 Wall Ball Shots	164
1 Hanging Knee Raises	165

FINAL TIME:	MIN	SEC
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## WEEK 1 – QUALIFIER WORKOUT 2

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### EQUIPMENT

To complete this workout you will need:

- Wall Ball
- Pull-up bar

### NOTES

Athletes begin standing at their wall ball target station with the ball at their feet. At the start of the timer, the athlete will complete 20 wall ball shots to a target - see division standards for weight and height requirements across divisions. After their 20th rep, the athlete will move to the pull-up bar to complete 10 toes-to-bar or hanging knee raises - see division standards for required movements across divisions. After their 10th rep, the athlete will return to their wall ball station and complete 18 reps, then 9 reps on the bar. Each round, the athlete will subtract 2 and 1 from their reps until they end with completing 2 wall balls and 1 toes-to-bar or hanging knee raise.

The score for this workout is for time. Please use an **ascending clock** starting at 0:00 and finishing at 12:00. Do not round up partial seconds. If you do not complete the workout, your score will be completed reps.

### VIDEOS SUBMISSION STANDARDS

Prior to starting, film the wall ball that will be used so that weight can clearly be seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from a side angle so squat depth, wall ball target and toes to bar contact is clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.

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