

## F45 Playoffs Fall 2017

November 10<sup>th</sup> 2017

### The Test

10 stations (45 seconds of work, 15 rest between stations)

1. Rowing (resistance set at 10, 1M = 1 rep)
2. Bench Hops (hold bench and jumps legs over the bench)
3. TRX push up + Knee tuck (Feet suspended 30cm/12in off ground. Knee tuck to 90 degree angle)
4. Cone lateral hop (Count every cone hop. Do not change direction you're facing. Feet not to touch cones)
5. Box jump burpee (Feet to touch box, hands off burpee)
6. Chin ups (No kipping. Chin must go over bar, full arm extension)
7. Barbell Squat press (Men 20kg/44lbs, woman 10kg/22lbs. Elbow knee touch, 90 degree leg flexion, arm locked out)
8. Medball Russian twist (Men 9kg/20lbs, Woman 7kg/15lbs. No bounce, feet in air 10cm/4in)
9. Deadball overhead drop (Men 25kg/55lbs, woman 15kg/33lbs. Ball passed over alternating shoulder)
10. Hurdle hop - sprint (4m apart. Start by sprinting, 4 jumps over hurdle, return, repeat)

Each exercise has a point value per rep. Some exercises are deemed harder than others so are worth more points. E.g. 20 pull ups scores 100 points = 5 points per rep.

100 points available per exercise = 1000 total points available.

Individual: Male and female divisions, Age divisions <25, 25-29, 30-49, >50

Team division: A minimum of 1 female must be in each team. Combined scores to determine winner

1 athlete, 1 encourager, 1 judge, 1 score keeper

Times slots every 15 minutes starting at 9am-9pm

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