 Body Conditioning Games!

Team Event #1 – **Husky 18.1 CHIPPER FUN – 14 minute AMRAP**

Each Team will have 3 pairs that compete. 2-COED teams, and one female pair. One of the COED teams must complete the RX workout and the other two will complete the scaled version of the WOD.

Partner will decide how they want to split up the work, but each exercise must be completed before moving on to the next exercise.

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| **Exercise** | **Round 1** | **Round 2** | **Round 3** |
| 30 Single Jump rope | 30 | 210 | 390 |
| 30 Goblet Squats | 60 | 240 | 420 |
| 30 Jumping pull-ups | 90 | 270 | 450 |
| 30 Jumping jacks | 120 | 300 | 480 |
| 30 DB Snatch | 150 | 330 | 510 |
| 30 Med Ball Butterfly sit-up | 180 | 360 | 540 |

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Score: # of reps completed by pair**: Rx or Scaled

Judges Team and Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_