



WORKOUT 1

STRENGTH

**Build to a 3 rep max deadlift
(180kg per lane)**

Score = Total 3RM weight lifted.
5 minute time cap.

**80 Dual dumbbell lunges
Synchro burpees in
remaining time**

Score = Total number of burpee
5 minute time cap.



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WORKOUT 2

ENDURANCE

2 minute max calorie ski

**2 minute max single kettlebell
squat and press/thrusters**

(Females 12kg Males 16kg)

2 minute max calorie ski

**2 minute max kettlebell
swings**

(Females 16kg Males 20kg)

2 minute max calorie ski

One work, one rest. 10 minute window.

Score = Total calories and reps.

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WORKOUT 3

METCON

20 Calorie air bike

20 Slam ball squats

20 Calorie air bike

20 Slam ball box step overs

20 Calorie air bike

20 Ball slams

20 Calorie air bike

20 Synchro burpees

x2

For time. 12 minute time cap.

Females 15kg Males 25kg, Share calories and reps.

Score = Time completed.

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