



Team Name: _____
Division Mark with "x" RX _____ Scaled _____

TEAM EVENT 2
STAGE 2 - "THE HARDSHIP"

For Total reps in 12MIN

Pair 1 (MM/FF/MF - as you wish)
Buy in: 200 Wallballs 20/14
In remaining time:
Max Burpee box jump overs 24/20

<u>RX M/F</u>	<u>Scale/M/F</u>
Wallballs 20/14 Box 24/20"	150 Wallballs 14/10 Box 20"

AT THE SAME TIME

Pair 2 (MM/FF/MF - as you wish)
Buy in: 100 Burpee box jump overs 24/20
In remaining time:
Max Wallballs 20/14

Box 24/20" Wallballs 20/14	75 Box step/ jump overs 20" Wallballs 14/10
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REST FROM 12:00 - 13:00 THEN

For Time: All 4 Athletes together
800m carry with 2x24kg & 2x16kg KBs
carried any way you wish

2x24kg & 2x16kg	2x12 & 2x8kg
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"THE HARDSHIP" SCORE SHEET

Pair 1 (MM/FF/MF - as you wish)
Buy in: 200 Wallballs 20/14
In remaining time:
Max Burpee box jump overs 24/20

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Pair 2 (MM/FF/MF - as you wish)
Buy in: 100 Burpee box jump overs 24/20
In remaining time:
Max Wallballs 20/14

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For **Time**: All 4 Athletes together800m carry
with 2x24kg & 2x16kg KBs carried any way
you wish

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"THE HARDSHIP" Total Scoring

- Max Wallballs + Max BBJO = Reps
- 800m = time

	RX _____ Scaled _____
	RX _____ Scaled _____