



# ELFIT 2016 Scaled Individuals Workouts

## Workout 1

2 Rounds for Time:

10 Wall Balls

20 Burpees

30 Single Unders

20m Overhead Walking Lunges

### Welcome to ELFIT 2016

Athletes will have 5 Minutes to complete 2 rounds of 10 Wall-Balls, 20 Burpees, 30 Single Unders and 20 Meters Overhead walking lunges.

The workout begins with the ball on the floor and the athlete standing tall in front of it, at the call of "3,2,1... go" athlete may pick up the ball and start performing 10 Wall-Balls followed by 20 burpees followed by 30 Single-unders then the athlete picks up the ball again and perform 20 Meters of overhead walking lunges and then he repeats the whole workout for 1 more round. The score of this workout is the time the athlete finishes his second round.

### Ball Weight:

**Individuals Males/Females 16+:** 20/14 LBs

**Teens Boys/Girls:** 14/10 LBs

**Masters Males 45+:** 14 LBs

**Masters Females:** 14 LBs

### Wall Ball Targets:

**Females:** 9 Feet

**Males:** 10 Feet



## The Motion Standards

### Wall Balls:

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the target. If the ball hits low or does not hit the target, it is a no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.



Athlete going below parallel at the bottom and fully extended with the ball hitting the target at the top of each rep.

**Burpees:**

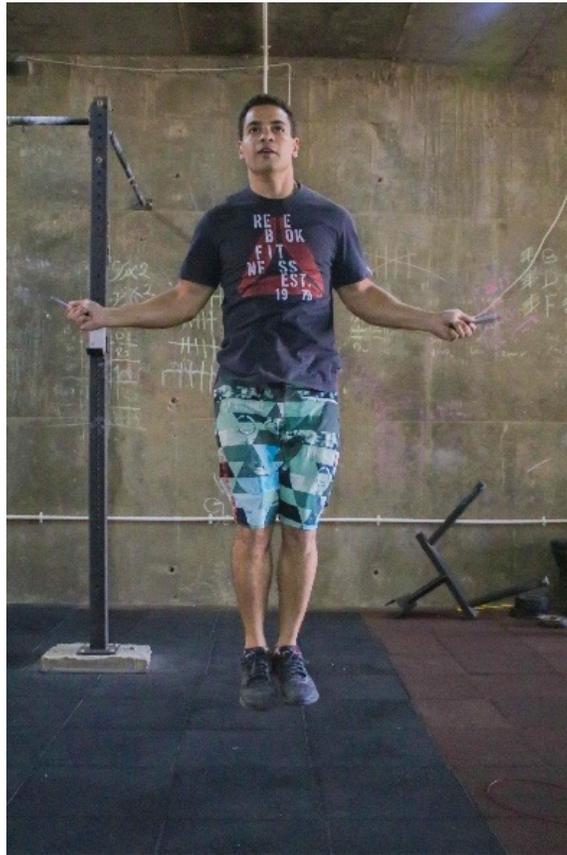
The athlete's chest must make contact with the ground before the athlete can jump back up to the starting position. Athlete must jump and touch hands over head at top of burpee, reaching full extension of hips. Feet need to visibly leave the ground at the time of full hip extension during the jump.



**Athlete starting in an upright position, making sure the chest and thighs touch the ground at the bottom and making sure his feet leaves the ground and his hand are**

### Single Unders

For the rep to count the rope must rotate forward once around the body when the athlete jumps.



### Over-Head Walking Lunges

Athlete must start with both feet aligned holding the ball overhead with the arms fully extended, The trailing knee must make contact with the ground at the bottom of each lunge. The ball must remain overhead for the duration of the repetition. The rep ends with the ball still overhead and the athlete standing tall with the hips and knees fully extended. Both legs must be fully extended. The athlete must alternate which foot leads for each rep. If at any point the weight comes into contact with the head or body then it's a no-rep . Athlete must make a turn from around the cone in each lap.



**Athlete starting in an upright stance and body is in full extension with the ball above the head, touching the ground with the trailing knee, and then back to full extension.**



## 1 Minute Rest

### Workout 2

3 Rounds for Time

10 Kettlebell Swings

10 Box Jumps

10 Goblet Squats

10 X 10 Meters Shuttle Run

Athletes will have 5 minutes to perform 3 rounds of 10 Kettlebell Swings 10 Box Jumps 10 Goblet Squats and 10x10-meter shuttle runs.

The workout begins with the KB on the floor and the athlete standing tall in front of it, at the call of 3,2,1... GO the athlete may pick up the Kettlebell and start performing 10 KB Swings, then moves to the box to perform 10 box jumps then back to the KB to perform 10 Goblet squats, 10 laps of 10 meters shuttle runs then repeating the same for 3 rounds. The score of this workout is the time the athlete completes his third round.

### Kettlebell Weight:

Individuals Males/ Females 16+: 20/12 KG

Teens Males/ Females: 12/ 8 KG

Masters Males: 45+: 16 KG

Masters Females:12 KG

### Box Height:

Individuals 16+: 24"/20"

Teens Males/ Females: 20"/16"

Masters Males 45+/ Masters Females 35+: 16"



## The Motion Standards

### KB Swings:

At the top of the swing, the kettle bell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs. Russian Swings are not allowed.



**Wrists touching the thighs at the bottom of each rep then swinging the KB over head with all of the body aligned and in full extension.**

### Box Jumps:

Every rep must begin with both feet on the floor. The rep ends with the shoulders, hips and knees fully extended and inline while in control on top of the box. If any body part touches the box rather than the bottom of the feet then the rep will not be counted. Stepping up is allowed for the master's divisions only. Any variation can be used to get off the box.



Athlete starting with both feet on the floor, showing a two feet take off, then showing full extension while on top of the box.



Step ups is allowed for the scaled masters category only.

### Goblet Squats:

Athlete will be holding the Kettlebell in front of his chest while performing the squats, the hip crease should break the horizontal line of the knee in each rep at the bottom of the squat, at the top of the squat the athlete should come to full extension and the shoulders waist, hips, knees and heels should be in line for the rep to count.



**Athlete starting in upright and full extended stance, the going below parallel at the bottom of each rep, then coming back to full extension at the top of each rep.**

### Shuttle Runs:

Each 10 meters are considered as a rep, athlete should make a turn around the cone marking the 10 meters in each lap for the rep to count.



Athlete must make the turn from around the cone.



10 Minute rest

WOD 3

For time:

Around 1.5 MILES / 2.4 KM Run

