

RUN* LIKE *HELL

All Divisions



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AMRAP-Ladder

2-2-2

4-4-4

6-6-6

8-8-8...

D-Ball Over Haybale
& Haybale Overs**

7 minute

**** D-Ball Weights**

Female Scaled (35kg)

Male Scaled (50kg)

Masters (35/50kg F/M)

Female Rx (50kg)

Male Rx (70kg)



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Demonstration Walk Through



Dina



Jeanette



Iman

All 3 team members must be behind the haybale at the start.

On 3, 2, 1, Go....

All Dina will step forward and jump/climb over the haybale. Once over the haybale, she will sprint to the far end of her team lane and collect a heavy D-ball.

Jeanette Carry the D-ball back to the haybale and throw/lift the D-ball over the haybale two times, following the D-ball over the haybale each time*.

On completion of the two D-balls over the haybale, Dina will tag Jeanette. Jeanette will step forward and jump/climb over the haybale to then sprint to the far end of her team lane and back, continuing to lift the D-ball over the haybale for a total of two times. Again, following the D-ball over the haybale each time*.

The same goes for Iman.

Add & Repeat:

Once all three athletes have completed two lifts over the haybale, Dina will be tagged to start a new round of 4 lifts over the haybale, being sure to climb over the haybale and complete the sprint at the start of her new round. Jeanette and then Iman will follow this same process.

And so on...

The pattern continues for the whole workout, adding two additional D-ball lifts for every new round started.

2, 2, 2
4, 4, 4
6, 6, 6
8, 8, 8.....

Points to note:

The first athlete will be the only athlete who needs to sprint and collect the D-ball. All following sprints will be without the D-ball.

The rep. will count once the D-ball hits the ground on the other side of the haybale.

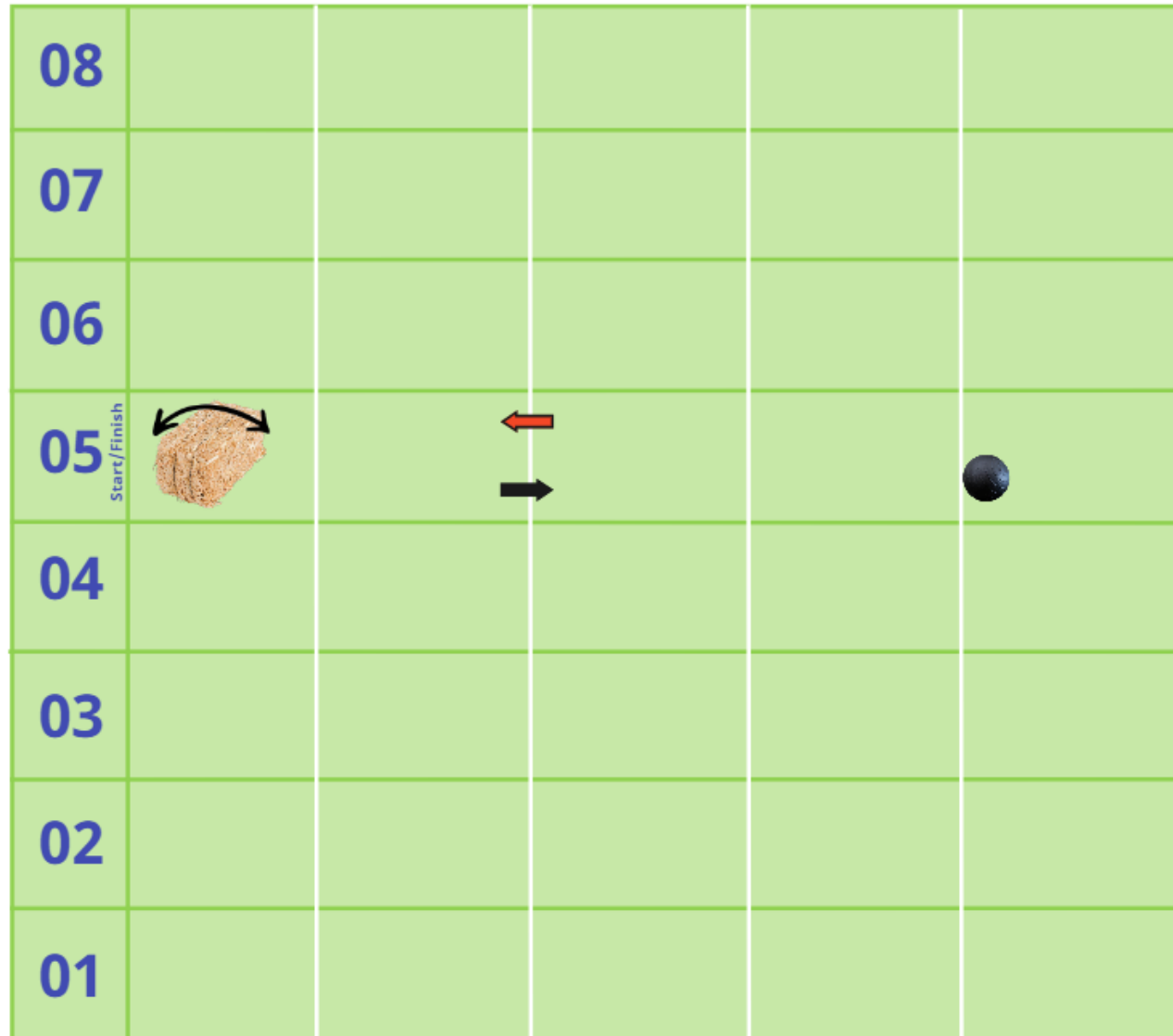
*The athlete will follow the D-ball over the haybale after each lift with exception to the last lift of that round where the athlete will tag in their team mate to continue. (There is no requirement to jump/climb over the haybale on the last lift of a round)

Scaled/Intermediate Divisions may use more than one athlete in their team to assist with the D-ball over the haybale if required, but that assisting team member must return the start position before being tagged for the next round.

Teams should return their D-ball back to the starting position after completing their workout. Thank you.

One of the team will be responsible to confirming the score and signing the score sheet from the judge.

Typical Lane Set-Up



Key

-  Haybale
-  **35/50/70kg D-ball start point
-  3 meter Section Placer
-  Sprint out
-  Sprint back (first athlete returns with D-ball)

** Female Scaled (35kg)
 Male Scaled (50kg)
 Masters (35/50kg F/M)
 Female Rx (50kg)
 Male Rx (70kg)

Not to Scale

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Score Card

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Scorecard		
Round 1	Score	Total
2-2-2	6	6
Round 2	Score	Total
4-4-4	12	18
Round 3	Score	Total
6-6-6	18	36
Round 4	Score	Total
8-8-8	24	60
Round 5	Score	Total
10-10-10	30	90
Round 6	Score	Total
12-12-12	36	126
Round 7	Score	Total
14-14-14	42	168
Round 8	Score	Total
16-16-16	48	216

Tiebreaker Rules:
No Tiebreaker

Judge:

Heat	13/14/15/16
	17/18/19/20
	21/22/23/24
Team No.	
Team Name	
Division:	W/Rx M/Rx
	W/Sc M/Sc
	Mix
Reps:	

Notes:

Team Signature: