

# Workout 4 – Day 1 – Outdoor

## **Box Hop & Ball Drop**

For time...

(10 minutes Cap)

Intermediate / Advanced

## **The Workout (Intermediate):**

- Male / Female pairs.
  
- 18 Box Over
- 18 Slam-Ball On Box
- 18 Box Over
- 18 Slam-Ball On Box
  
- 12 Box Over
- 12 Slam-Ball On Box
- 12 Box Over
- 12 Slam-Ball On Box
  
- 6 Box Over
- 6 Slam-Ball On Box
- 6 Box Over
- 6 Slam-Ball On Box

Weight:

Female / Male – 35 / 50kg Slam-ball

### **Intermediate Description**

3.2.1...Go!

Male / Female pairs.

Each pair complete the following in a relay.

The first two athletes sprint to the 4<sup>th</sup> cell and between them complete 18 box overs (Jumping or stepping).

Once all 18 completed, the two athletes will lift the slam-balls from the ground onto the box. Both athletes will be lifting onto the same box. A total of 9 reps. each should be completed.

When both athletes can completed their 9 reps. each and cross the start/finishline, the second pair of female/male athletes will repeat the same set of reps.

Following the second pair completing their reps. the first two will sprint out and move the box and slam-balls to the 3<sup>rd</sup> cell and complete 12 box overs between them.

Then each athlete will complete 6 slam-balls onto the box.

Pair two repeat.

Pair one will then move the box and the slam-balls to the 2<sup>nd</sup> cell and complete 6 box overs.

The each athlete will complete 3 slam-balls onto the box.

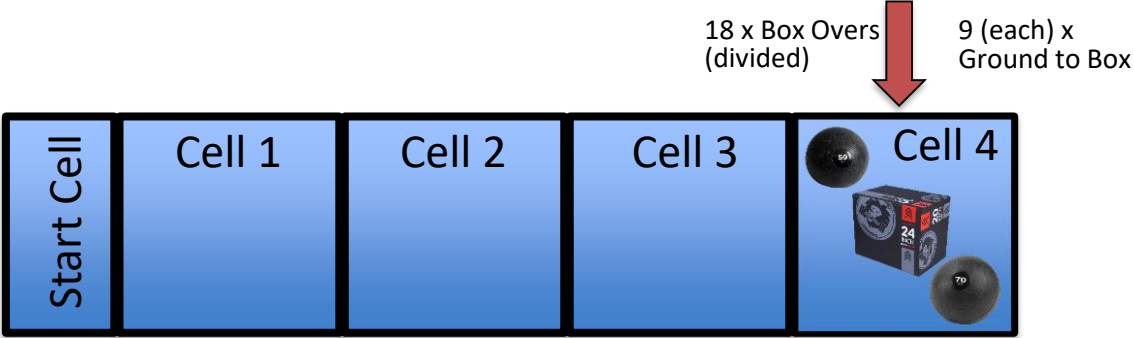
Pair two repeat.

The time ends when the last person from the second pair crosses the start/finishline.

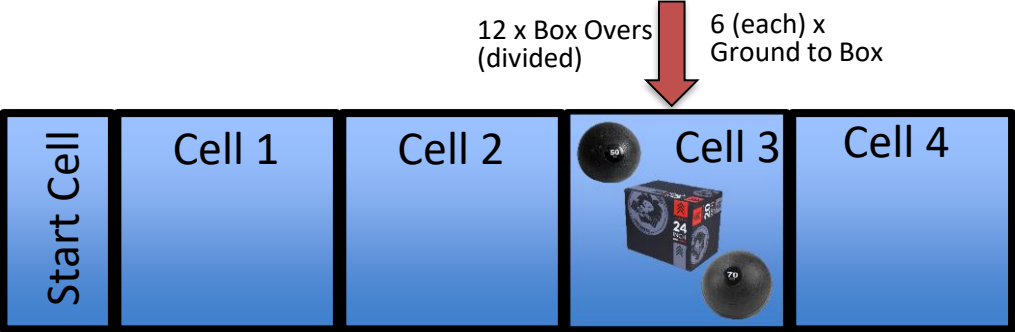
10 minute timecap.

# Intermediate - Set-Up

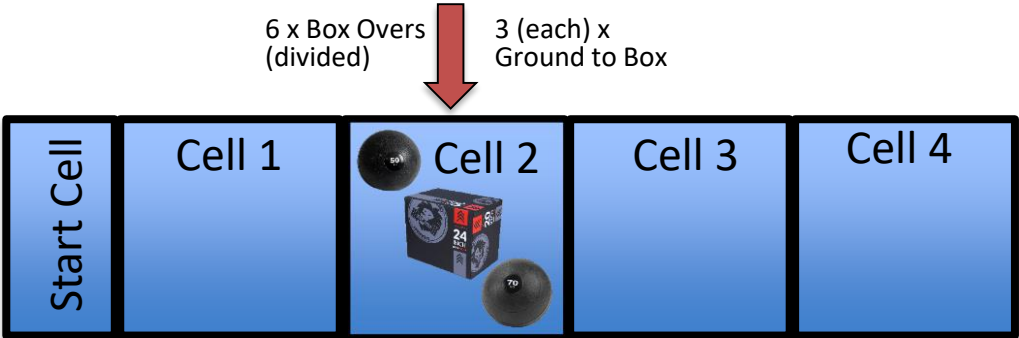
2 rounds of:



2 rounds of:



2 rounds of:



## **The Workout (Advance):**

- Male / Female pairs.
  
- 18 Box Over
- 18 Slam-Ball Over Shoulder
- 18 Box Over
- 18 Slam-Ball Over Shoulder
  
- 12 Box Over
- 12 Slam-Ball Over Shoulder
- 12 Box Over
- 12 Slam-Ball Over Shoulder
  
- 6 Box Over
- 6 Slam-Ball Over Shoulder
- 6 Box Over
- 6 Slam-Ball Over Shoulder

Weight:

Female / Male – 50 / 70kg Slam-ball

### **Advanced Description**

3.2.1...Go!

Male / Female pairs.

Each pair complete the following in a relay.

The first two athletes sprint to the 4<sup>th</sup> cell and between them complete 18 box overs (Jumping or stepping).

Once all 18 completed, the two athletes will make their way to the 1<sup>st</sup> cell and lift the slam-balls from the ground over their shoulders. A total of 9 reps. each should be completed.

When both athletes can completed their 9 reps. each and cross the start/finishline, the second pair of female/male athletes will repeat the same set of reps.

Following the second pair completing their reps. the first two will sprint out and move the box to the 3<sup>rd</sup> cell and complete 12 box overs between them.

Then each athlete will complete 6 slam-balls over shoulder.

Pair two repeat.

Pair one will then move the box to the 2<sup>nd</sup> cell and complete 6 box overs.

The each athlete will complete 3 slam-balls over shoulder.

Pair two repeat.

The time ends when the last person from the second pair crosses the start/finishline.

10 minute timecap.

# Advance - Set-Up

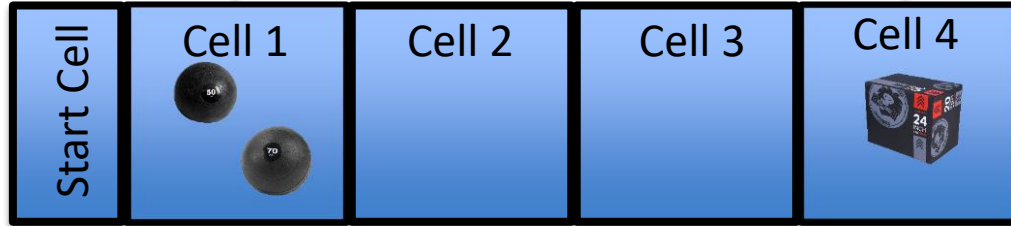
9 (each) x  
Ground Over  
Shoulder



18 x Box Overs  
(divided)



2 rounds of:



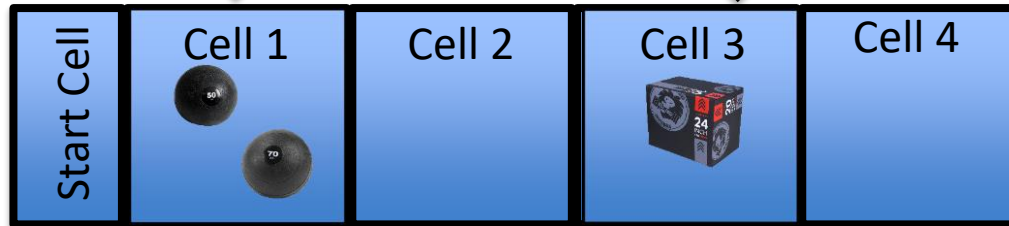
6 (each) x  
Ground Over  
Shoulder



12 x Box Overs  
(divided)



2 rounds of:



3 (each) x  
Ground Over  
Shoulder



6 x Box Overs  
(divided)



2 rounds of:

