

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 4th 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 have 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 3rd 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 2nd cell and complete 6 box overs.

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

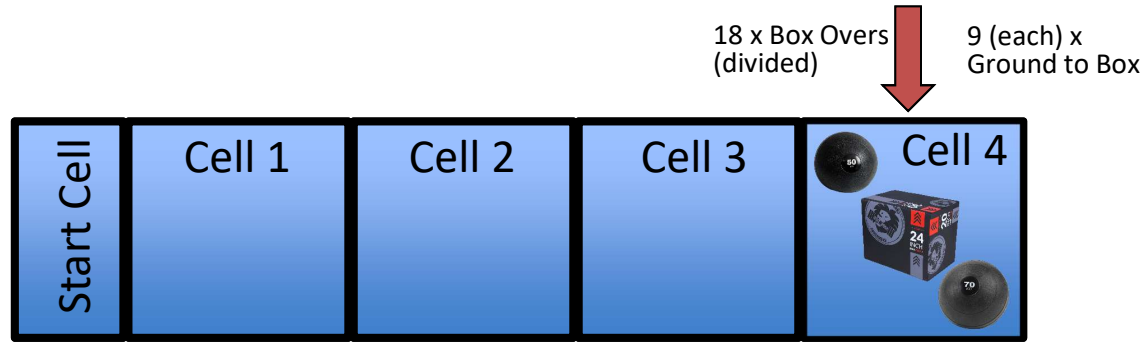
Pair two repeat.

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

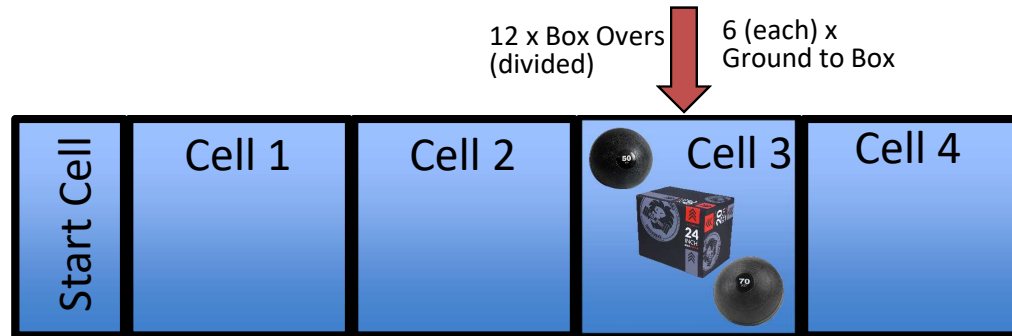
10 minute timecap.

Intermediate - Set-Up

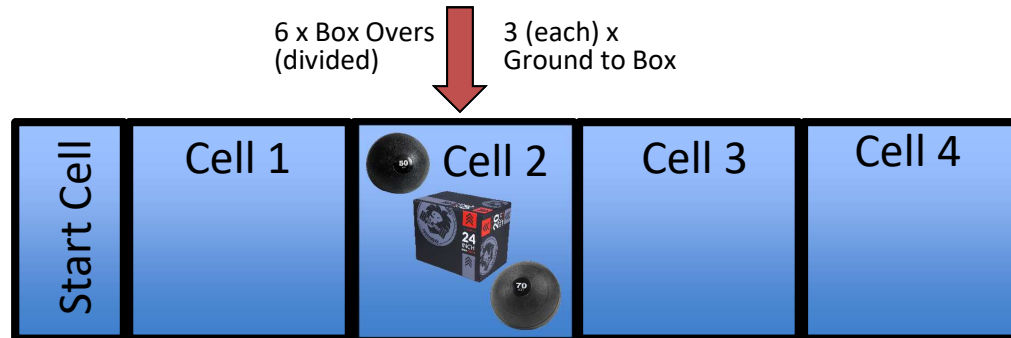
2 rounds of:



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 4th cell and between them complete 18 box overs (Jumping or stepping).

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

When both athletes have 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 3rd 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 2nd 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

