

# Challenge: "Fight Gone Bad"



This workout consists of 3 rounds that are each 5 minutes long: In these 5 minutes you move from station to station and spend a minute on each. After this 5 minute round, a one-minute break is allowed before repeating. The stations are:

1. Wall-ball: 9/6kg ball. (Reps)
2. Sumo deadlift highpull: 34/24kg (Reps)
3. Box Jump: 50/40cm box (Reps)
4. Push-press: 34/24kg (Reps)
5. Row: Calories (Calories)

The clock does not reset or stop between exercises. On call of "rotate," the athlete/s must move to next station immediately. One point is given for each rep, except on the rower (each calorie is one point).

**\*\*THIS CHALLENGE IS OPEN TO ALL Members\*\***

The **CHALLENGE**: How **Many Points** can you get AND how much can you **IMPROVE** in 8 weeks?

<b>Qualifying Day:</b>	Monday, July 12 <sup>th</sup> - All Classes
<b>Finals Day:</b>	Monday, September 6 <sup>th</sup>
<b>Entry Fee:</b>	R100 (all goes towards prizes)
<b>Prize:</b>	Win the pot!
<b>Winner:</b>	Prizes for both most improvement and most points!

Men's Categories		Women's Categories	
<b>Beginner</b>	3kg Wall Ball, 30cm box, 14kg Push Press, SDHP	<b>Beginner</b>	3kg Wall Ball, 20cm plates 5kg Push Press, SDHP
<b>Intermediate</b>	6kg Wall Ball, 40cm box, 24kg Push Press, SDHP	<b>Intermediate</b>	3kg Wall Ball, 30cm box 14kg Push Press, SDHP
<b>Advanced</b>	9kg Wall Ball, 50cm box, 34kg Push press, SDHP	<b>Advanced</b>	6kg Wall Ball, 40cm box 24kg Push press, SDHP

# Challenge: “Fight Gone Bad”



## How the Challenge Works

1. **GET REGISTERED** - get your name on the list and pay the R100 entry (remember, ALL of it goes back in the “pot” for prize money and prizes).
2. **SET YOUR BASELINE** - Monday, July 12<sup>nd</sup> is the prelims. Set your baseline “Fight Gone Bad” score. This will be the number of points off of which we will calculate your improvement.
3. **TRAIN** - CrossFit for 8 weeks with the intention of improving your “FGB” score.
4. **SHOW UP for the FINALS** - Monday, September 6<sup>th</sup>. Go for your best “Fight Gone Bad” score!

## PRIZES will be awarded for:

- **Most improvement:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in women’s and men’s divisions.
- **Most points:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in women’s and men’s **advanced** divisions.

## Rules:

- You must choose the category you are going to compete in and STAY in that category for the finals.
- Rankings for POINTS:
  - There will be one master list ranking participants based on points.
  - Your POINTS rank will be based on your performance within your category.
  - Categories will be listed in the order Advanced, Intermediate, Beginner. This means that all Advanced category finishers will be ranked above all the Intermediate category finishers, who will be ranked above all Beginner category finishers.
  - For example, if you compete in the intermediate category, the best ranking you can have is one below the lowest in the advanced category. So if there are 6 people in the advanced category, your ranking, if you are the fastest intermediate, is #7.
- Rankings for IMPROVEMENT:
  - There will be one master list ranking participants on percentage improvement.
  - This list is NOT categorized. Your category has no bearing on where you finish on this list.
  - For example, if you compete in the intermediate category, and you have the highest percentage of overall improvement, you would be ranked #1.