

RX & SCALED
6 PERSON TEAMS
(3 Male / 3 Female)

SPECIAL NOTICE: The events described herein, are subject to change at any time at the discretion of Xtreme Top Box, Inc. The sequence of events or days of events may be modify to accommodate attendance, time and event logistics. However, as of the date of this publication, these are the event competitions for this division for the 2018 Xtreme Top Box Throwdown.

DAY 1

EVENT 1: SUPER-MAX OVERLOAD

This is a combined weight deadlift ladder build with a 10 second on and 10 second off rotation.
NOTE: Maximum complete event time per team to complete the ladder is 4 minutes 40 seconds.

- There will be 14 stations lined up one in front of the other with a “on-deck” / “rest-deck” station in between each station.
- weight progression per station: Station 1: 95#, Station 2: 115#, Station 3: 135#, Station 4:155#, Station 5: 175#, Station 6: 195#, Station 7: 215#, Station 8: 235#, Station 9: 255#, Station 10: 275#, Station 11: 295#, Station 12: 315#, Station 13: 335#, Station 14: 355#
- Three males in team will line up first starting behind the Station 1: 95# starting position.
- Three females in team will line up first behind the males at the Station 1: 95# starting position.
- Each Male athletes will start at 95# and move up the ladder from there in turn.
- Female athletes will start at 95# after male athlete # 3 completes Station 1.
- Once Female athletes start each female athlete will follow & move up the ladder from there.
- Male Athlete #1 approaches Station 1 and waits for the 3,2,1 Go command.
- Male Athlete #1 has 10 second to complete as many deadlifts as possible in that station until time runs out.
- When time runs out, Male Athlete #1 advances to the “on-deck” / “rest-deck” spot before the next Station and has 10 seconds to rest.
- When the 10 second rest time ends, Male Athlete # 1 begins as many deadlifts as possible at the next station while Male Athlete # 2 begins as many deadlifts as possible on station 1 until time runs out.

- When time runs out, Male Athlete #1 and athlete #2 advance to the next “on-deck”/ “rest-deck” spot before the next Station and has 10 seconds to rest.
- When the 10 second rest time ends Male Athlete # 1 advances to station 3, Male Athlete # 2 advances to station 2 and Male Athlete # 3 begins at Station 1.
- Male Athletes continue to move up the ladder between deadlifts and rest periods until athletes reach Maximum Overload, Completes Ladder, or runs out of time to continue.
- Female Athletes will start one after the other as soon as Male Athlete # 3 begins station #2.
- Female Athletes continue to move up the ladder between deadlifts and rest periods until athletes reach Maximum Overload, Completes Ladder, or runs out of time to continue.
- Score is total combined team score from Stations 1 -14 for each Athlete.
- Both Males and Females athletes will move up their respective ladders as a team with the subsequent teams following in order of march.
- Once the first athlete completes the first Station and advances to the “on-deck”/ “rest-deck” position, the following athlete approaches their assigned Lane and Station to begin their ladder climb at Station 1 once the 10 second rest time is completed.
- This cycle continues nonstop until all athletes (Male and Female) in their respective teams and division completes the event.
- **Scoring is as follows: Number of reps times station number:** For example:
 (Athlete # 1) 7 reps at station 1 = 7 points (1x7); 7 reps at station 2 = 14 points (2x7); 7 reps at station 3 = 21 points (3x7); 7 reps at station 4 = 28 points (4x7); 7 reps at station 5 = 35 points (5x7); 7 reps at station 6 = 42 points (6x7); 7 reps at station 7 = 49 points (7x7); 7 reps at station 8 = 56 points; 7 reps at station 9 = 63 points (7x9); 7 reps at station 10 = 70 points (7 x 10); 7 reps at station 11 = 77 points (7x11); 7 reps at station 12 = 84 points (7x12); 7 reps at station 13 = 91 points (7x13); 7 reps at station 14 = 98 points (7x12). The combined score across all stations = 735 points for Athlete # 1. Score is total combined points for all athletes in team.

EVENT 2: **CHIPPER**

20 Min Time Limit, Score is best time to complete chipper. Teams that complete the chipper within the allotted time will be ranked in order of fastest time. Teams that cannot complete entire chipper in allotted time will be ranked after 20 minutes with the highest rep count to the lowest. Example: 20 Minutes + 590 reps ranks higher than 20 Minutes plus 500 reps.

- 100 Burpees
- 90 KB Swings (55# / 35#)
- 80 Box Jumps (RX = 30” / 24”) (Scaled = 24” / 20”)
- 70 Shoulder to Overhead (RX =135# / 105#) (Scaled = 95# / 65#)

- 60 Front Squats (RX = 135# / 115#) (Scaled = 115# / 95#)
- 50 Hang Power Cleans (RX = 135# / 115#) (Scaled = 115# / 65#)
- 40 Ring Muscle-Ups (Scaled = 40 Pull-Ups)
- 100 Wall Balls (20# / 14#)

EVENT 3: **FRANSTASTIGO!**

Entire Team Working Together – Score is Total Time (**30 minute max time**).

RX Weights: 95# Male / 75# Female - Scaled Weights: 75# Male / 65# Female

Box Jumps for Scaled = (24” male / 20” female)

- Six total rounds for time with each athlete completing one full round each of (21-15-9).
- First athlete will start with complete round of Fran (21-15-9).
- Once the first athlete completes the first round of the Fran workout they will pick up (one 45# Bumper for males or one 25# Bumper for females) and forward lunge 20 feet to a 30” Box (male) or 24” Box (female) where they will set the Bumpers down and proceed to do 20 Box Over Jumps to Burpees. Then they will pick up the Bumpers and forward lunge back to the starting line. Then athlete will tag the next athlete in line.
- The Bumpers must be carried overhead while the athlete performs their forward lunges, and must maintain the Bumpers off the ground until they reach their destinations at the Box Jumps and at the return tag/finish line.
- Once the first athlete tags the second athlete, athlete # 2 will begin the next round of 21-15-9 and proceed to complete the forward lunge w/Bumper plate and 20 Box Over Jumps to Burpees. This rotation continues until all six rounds are completed by each of the six athletes (1 full round per athlete).
- The event is completed when the final athlete in the team completes the Forward Lunges with Bumpers to 20 Box Over Jumps to Burpees and return Forward Lunges with Bumpers, places the Bumpers in their starting position and crosses the finish line.

Event 4: **Team Combined 1 Rep Max Snatch (20 minute time limit)**

This is a combined weight team 1 rep max snatch.

Each athlete will have 3 minutes to complete a 1 rep max snatch.

Team decides order of march for this event.

Only one athlete at a time.

Non snatching athletes can assist in the weight set ups and increase weight adjustments to maximize the time allotted.

Score is total combined max snatch weight from all athletes on team.

DAY 2

EVENT 1: DT X3 RELAY

This is a relay for time with each team member doing 3 complete rounds of 12 Deadlifts, 9 Cleans and 6 Push Press (18 total rounds for the team). **Score is best team time. There is a 20 minute time limit to complete 18 rounds.**

- RX = 135# Male / 105# female
- Scaled = 95# Male 65# female
- There will be one bar set up.
- Team must set up and change their own bumpers as needed during event for male/female weights changes. Clock keeps ticking through weight changes.
- Team decides order of march for for this event.

EVENT 2: HOLD MY MEMBER

Event is 2A + 2B = Total Score (3 members do 2A and other 3 members do 2B) Team chooses how to divide the team. Those who do 3A cannot do 3B and vice-versa.

- **Score is total combine reps from all team members across all stations 2A plus 2B.**

2A) **9 min AMRAP:** 15' Rope Climb Plus Load Hold (Deadlift Hold 225# / Front Rack Hold 135# Males) (Deadlift Hold 185# / Front Rack Hold 95# Females)

Scaled = 15' Modified Rope Climb (Males: DL Hold = 185# / Front Rack Hold 115#) (Females: DL Hold = 135# / Front Rack Hold = 65#)

- 1st Team member (the “Moving Member”) doing Rope Climbs (15’) while 2nd teammate holds a (225# male / 185# female) DL and 3rd teammate holds a (135# male / 95# female) front rack (the “Holding Members”). Teammates must communicate with each other to share the “Holding” and “Moving” responsibilities during this AMRAP.
- There will be two bars set up.
- Team must set up and change their own bumpers as needed during event for male/female weights standards.
- **NOTE:** Holding Members cannot let their bars or bumpers touch the ground while Moving Member is Climbing Rope. When Moving Member is off the rope, Holding Members can place the bars down. However, while the bars are on the ground, Moving Member cannot climb the rope until both bars come off the ground.

- After 2A is completed there is a **ONE MINUTE** rest/transition time for team to move to 3B AMRAP.

2B) 9 min AMRAP: Bar Muscle-Ups Plus Load Hold (Deadlift Hold 225# / Front Rack Hold 135# Males) (Deadlift Hold 185# / Front Rack Hold 95# Females)

Scaled = Pull-Ups instead of Muscle Ups (Males: DL Hold = 185# / Front Rack Hold 115#) (Females: DL Hold = 135# / Front Rack Hold = 65#)

- 1st Team member (the “Moving Member”) doing Muscle Ups while 2nd teammate holds a (225# male / 185# female) DL and 3rd teammate holds a (135# male / 95# female) front rack (the “Holding Members”). Teammates must communicate with each other to share the “Holding” and “Moving” responsibilities during this AMRAP.
- There will be two bars set up.
- Team must set up and change their own bumpers as needed during event for male/female weights standards.
- **NOTE:** Holding Members cannot let their bars or bumpers touch the ground while Moving Member is performing the Muscle Ups. When Moving Member is off the pull up bar, Holding Members can place their bars down. However, while the bars are on the ground, Moving Member cannot perform Muscle Ups.

EVENT 3: **inTENTional**

20 minute AMRAP

- 10 Toes To Bar
- 10 Hand Release Push-Ups
- 10 Thruster (RX = 115# male / 75# female) (Scaled = 75# / 65#)
- 10 Power Snatch (RX = 115/75) (Scaled = 75# / 65#)
- 10 Clean and Jerk (115/75) (Scaled 75# / 65#)

Each team member will complete 1 round before switching. Score is combined Team Reps for full AMRAP.

EVENT 4: **Team Combined 1 Rep Max Clean & Jerk (20 minute time limit)**

This is a combined weight team 1 rep max clean & jerk.

Each athlete will have 3 minutes to complete a 1 rep max clean & jerk.

Team decides order of march for this event.

Only one athlete at a time.

Non active athletes can assist in the weight set ups and increase weight adjustments to maximize the time allotted.

Score is total combined max clean & jerk weight from all athletes on team.