



WORKOUT 18.3 DESCRIPTION



17:00 PT, THURSDAY, AUGUST 23, THROUGH 17:00 PT, MONDAY, AUGUST 27

Workout and workout variations

Lion	Leopard	Cheetah
10 minute AMRAP: 20 Kettlebell swings 20 Single arm overhead walking lunges with kettlebell (10 per leg) 20 Wall balls	10 minute AMRAP: 20 Kettlebell swings 20 Single arm front rack walking lunges with kettlebell (10 per leg) 20 Wall balls	10 minute AMRAP: 20 Russian kettlebell swings 20 Walking lunges (10 per leg) 20 Wall ball thrusters
Male weights	Male weights	Male weights
13-14: 26lbs. (12KG) kettlebell 14lbs. wall ball (to 9ft target) 15-16: 35lbs. (16KG) kettlebell 14lbs. wall ball (to 10ft target) 17-18: 45lbs. (20KG) kettlebell 20lbs. wall ball (to 10ft target)	13-14: 18lbs. (8KG) kettlebell 8lbs. wall ball (to 9ft target) 15-16: 26lbs. (12KG) kettlebell 12lbs. wall ball (to 9ft target) 17-18: 35lbs. (16KG) kettlebell 14lbs. wall ball (to 10ft target)	13-14: 18lbs. (8KG) kettlebell 8lbs. wall ball 15-16: 18lbs. (8KG) kettlebell 12lbs. wall ball 17-18: 26lbs. (12KG) kettlebell 14lbs. wall ball
Female weights	Female weights	Female weights
13-14: 18lbs. (8KG) kettlebell 8lbs. wall ball (to 9ft target) 15-16: 26lbs. (12KG) kettlebell 12lbs. wall ball (to 9ft target) 17-18: 35lbs. (16KG) kettlebell 14lbs. wall ball (to 9ft target)	13-14: 18lbs. (8KG) kettlebell 8lbs. wall ball (to 8ft target) 15-16: 26lbs. (12KG) kettlebell 8lbs. wall ball (to 9ft target) 17-18: 35lbs. (16KG) kettlebell 12lbs. wall ball (to 9ft target)	13-14: 9lbs. (4KG) kettlebell 8lbs. wall ball 15-16: 18lbs. (8KG) kettlebell 8lbs. wall ball 17-18: 26lbs. (12KG) kettlebell 12lbs. wall ball



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Movement Standards

Workout 3 of the teenage worldwide championships 2018 is a 10 minute AMRAP of 20 Kettlebell swings, 20 single arm overhead walking lunges with a kettlebell, and 20 Wall balls.

At the call of 3, 2, 1, go, the kettlebell is picked up off the ground to complete the first rep. The rep starts with the kettlebell between the athlete's legs, with arms at full extension, and ends with the kettlebell fully inverted overhead, with the arms, legs, and hips at full extension.

For cheetah divisions, the kettlebell must pass above the horizontal plane of the athlete's shoulder, with the arms, legs, and hips at full extension.

Each rep of the single arm overhead walking kettlebell lunges begins and ends with the athlete's legs, hips and supporting arm at full extension, with legs directly underneath the athlete's body. Each rep must be completed whilst maintaining the kettlebell overhead at full lockout. The athlete must pass through a lunge with the back knee touching the ground, and the non-supporting hand must not come into contact with any other part of the athlete's body.

Leopard divisions must complete each rep with the kettlebell in the front rack position. Cheetah divisions will complete the rep with both hands on hips.

To complete one rep of the wall ball shot, the athlete must pass through the squat, hip crease below the knee, with the medicine ball in the front rack position, and throw the ball up to hit the target. The centre of the ball must hit the target at or above the specified target height. If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Cheetah divisions will complete the rep once they have the medicine ball fully locked out overhead with the arms, legs, and hips at full extension.

The athlete's score is the total amount of reps accumulated within the 10 minutes.

Video Submission Standards

Prior to starting, film all equipment to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Equipment

- Kettlebell
- Wall Ball



WORKOUT 18.3 SCORECARD (ALL)



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Round	20 Kettlebell Swings	20 Walking Lunges	20 Wall Balls
1	20	40	60
2	80	100	120
3	140	160	180
4	200	220	240
5	260	280	300
6	320	340	360
7	380	400	420

ATHLETE NAME _____ TOTAL SCORE _____ ☐ Lion ☐ Leopard
Print

AFFILIATE _____ JUDGE NAME _____ ☐ Cheetah
Name of affiliate Print Initial

I confirm the information above accurately represents my performance for the _____
workout. Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ TOTAL SCORE _____ ☐ Lion ☐ Leopard
Print

AFFILIATE _____ JUDGE NAME _____ ☐ Cheetah
Name of affiliate Print Initial