



"TIG13" WARRIOR WORKOUT



17:00 CST, Friday, Sept. 10 through 17:00 CST, Sunday, Sept. 13, 2020

Please email scoresheet to battlefieldfoundation@gmail.com no later than 17:00 CST Sunday, Sept. 13, 2020. Scores submitted after this time will not be included in final processing.

THE WORKOUT

"TIG13"

Complete as many rounds as possible in 60 minutes of:

- 13 Push-Ups
- 13 Sandbag Bent Over Rows
- 13 Sandbag Swings
- 13 Sit-Ups
- 13 Sandbag Thrusters
- 13 Box Step-Ups
- 13 Lateral Sandbag Burpees
- 13 Sandbag Pull-Throughs
- 13 Sandbag Over the Shoulder Throws
- 13 Mountain Climbers
- 13 Sandbag Shoulder to Shoulder Push Press
- 13 Air Squats
- 200m Sandbag Carry

VARIATIONS

RX'd

- Men: 75-lb. Sandbag, 24-in. Box
- Women: 50-lb. Sandbag, 20-in. Box

RX'd Juniors (under 18)

- Men: 35-lb. Sandbag, 20-in. Box
- Women: 25-lb. Sandbag, 16-in. Box

Scaled

- Men: Less than 75-lb. Sandbag, Less than 24-in Box
- Junior Men: Less than 35-lb. Sandbag, Less than 20-in. Box
- Women: Less than 50-lb. Sandbag, Less than 20-in. Box
- Junior Women: Less than 25-lb. Sandbag, Less than 16-in. Box

Round	13 Push-Ups	13 SB Bent Over Rows	13 SB Swings	13 Sit-Ups	13 SB Thrusters	13 Box Step-Ups	13 Lateral SB Burpees	13 SB Pull-Throughs	13 SB Over the Shoulder Throws	13 Mountain Climbers	13 SB Shoulder to Shoulder Push Press	13 Air Squats	200m SB Carry
1													157
2													314
3													471
4													628
5													785
6													942
7													1,099
8													1,256
9													1,413
10													1,570

Athlete Name (Print): _____ Total Reps: _____

RX'd: Scaled:

Male: Female:

I confirm that I performed the above noted reps as outlined by the standards for this workout to the best of my ability for the workout:

Athlete's Signature: _____ Date: _____