

**Olympus Fitness Showdown 2023**

**Workouts and rulebook**



# DAY 1

**1<sup>st</sup> Workout Name: 'THE SEPARATOR'**

**Division: ALL**

**Type: For Max Reps**

**Amrap 10'**

**Workout Details:**

0-6'

- 11 thrusters 40/30 kg
- 11 burpees over bar

**6-7 rest**

7'-10'

- Max snatches 40/30 kg

**Division: Teams**

**Type: For Max Reps**

**Amrap 10'**

**Workout Details:**

0-6'

- 11 thrusters 40/30 kg
- 11 burpees over bar

**6-7 rest**

7'-10'

- Max snatches 40/30 kg

**Workout standards:**

- Squat clearly below the parallel and extend fully on the way up on the thruster.
- Fully extended on the snatch

- Split the repetitions as desired.
- Both athletes can be on the Arena!!!
- Always start behind the START/FINISH line and work facing the line on the platform.

**Workout Release Date: 22/9/2023**

**Workout Start Date / Time: 21/10/2023- 08.30**

**Workout End Date / Time:21/10/2023- 11.45**

**2<sup>nd</sup> Workout Name: 'HANDLE THE PRESSURE'**

**Division: Elite,Masters 35-39**

**Type: For Time**

**Time Cap: 9'**

**Workout Details:**

- 150 DU's
- 40 m handstand walk (5x8meters)
- 30 box jump over 30/24
- 150 DU's

**Workout Description:**

- Start the Handstand walk clearly behind the mark
- Finish the Handstand walk clearly after the mark both hands.
- Masters can break every 2 meters on the handstand walk. If you break before completing the 2 meters go back to the previous mark.
- Elite must go 8 meters UNBROKEN. GO BACK TO START IF FAIL!
- Always start behind the START/FINISH line and work facing the line on the platform.

**2<sup>nd</sup> Workout Name: 'HANDLE THE PRESSURE'**

**Division: Masters 40-44 & RX'd**

**Type: For Time**

**Time Cap: 9'**

**Workout Details:**

- 100 DU's
- 32 m handstand walk (4x8meters)
- 30 Box jump over 24/20
- 100 DU's

**Workout Description:**

- Start the Handstand walk clearly behind the mark
- Finish the Handstand walk clearly after the mark both hands.
- You can break every 2 meters on the handstand walk. If you break before completing the 2 meters go back to the previous mark.
- Always start behind the START/FINISH line and work facing the line on the platform.

**2<sup>nd</sup> Workout Name: 'HANDLE THE PRESSURE'**

**Division: Masters 45+**

**Type: For Time**

**Time Cap: 9'**

**Workout Details:**

- 100 DU's

- 24 m handstand walk (3x8meters)
- 30 box jump over 24/20
- 100 DU's

**Workout Description:**

- Start the Handstand walk clearly behind the mark
- Finish the Handstand walk clearly after the mark both hands.
- You can break every 2 meters on the handstand walk. If you break before completing the 2 meters go back to the previous mark.
- Always start behind the START/FINISH line and work facing the line on the platform

**2<sup>nd</sup> Workout Name: 'HANDLE THE PRESSURE'**

**Division: Teams**

**Type: For Time**

**Time Cap: 12'**

**Workout Details:**

- 200 DU's
- 56 m handstand walk (7x8meters)
- 50 box jump over 24/20
- 200 DU's

**Workout Description:**

- Split the repetitions as desired.
- Both athletes can be on the arena.
- Start the Handstand walk clearly behind the mark
- Finish the Handstand walk clearly after the mark both hands.
- You can break every 2 meters on the handstand walk. If you break before completing the 2 meters go back to the previous mark. Split the handstand walk as desired but you can not switch if you do not complete 8 meters!!!
- Always start behind the START/FINISH line and work facing the line on the platform

**2<sup>nd</sup> Workout Name: 'HANDLE THE PRESSURE'**

**Division: Intermediate & Teens**

**Type: For Time**

**Time Cap: 9'**

**Workout Details:**

- 27 Deadlifts 50/35 kg
- 8 shuttle runs 8 meters
- 30 box over 24/20
- 27 Deadlifts 50/35 kg

**Workout Description:**

- Start the Shuttle Run clearly behind the mark touching the ground.
- Finish the Shuttle Run clearly behind the mark touching the ground.
- 1 shuttle run = 16 meters 2x8 meters
- Fully extended on Deadlifts.
- Go over the box as you like. Step or Jump.
- Always start behind the START/FINISH line and work facing the line on the platform.

**Workout Release Date: 19/9/2023**

**Workout Start Date / Time: 21/10/2023- 12.30.**

**Workout End Date / Time: 21/10/2023- 15.25**

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**3<sup>rd</sup> Workout Name: 'RUN' 'RUN' 'RUN'**

**Division: ELITE, Masters 35-39, Masters 40-44, Masters 45+, RX'd**

**Type: For Time, NO CAP**

**Workout Details:**

**3 miles Run.**

**Workout standards:**

- Always start behind the START/FINISH line.

**Division: Intermediate & Teens**

**Type: For Time**

**Workout Details:**

**2 miles Run**

**Workout standards:**

- Always start behind the START/FINISH line.

**Division: Teams**

**Type: For Time, NO CAP**

**Workout Details:**

**2 miles Run**

**Workout standards:**

- Always start behind the START/FINISH line.
- Partition the run as you like.
- Run for 1 mile, return and then switch if needed.

**Workout Release Date: 22/9/2023**

**Workout Start Date / Time: 21/10/2023- 16.15**

**Workout End Date / Time:21/10/2023- 18.00**



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**BONUS EVENT 'LIFT'**

**ELITE, MASTERS 35-39, MASTERS 40-44, MASTERS 45+, RXD, TEAMS**

**GET ELIMINATED BY**

**2 CLEAN, 2 FRONT SQUAT 1 JERK**

- Elite, masters 35-39 barbell starting weight 100/65
- Masters 40, masters 45 rx'd barbell weight starting at 90/60

**Weight increases by 10kg. IT IS AN ELIMINATION LIFT!!**

**5 squat cleans tie break**

- Tie breaker weight elite/ masters 35-39 is 90/60
- Masters 40-44, masters 45, rx'd weight is 80/55

**Teams are rx'd weight**

**\*INTERMEDIATE DIVISION ENJOY THE SHOW\***

**Workout Release Date: 19/10/2023**

**Workout Start Date / Time: 21/10/2023- 18.50**

**Workout End Date / Time:21/10/2023- 21.00**

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## **DAY 2**

**4<sup>rd</sup> Workout Name: 'Devil's Pool**

**Division: ELITE, Masters 35-39**

**Type: For Time**

**TimeCap: 10'**

**Workout Details:**

- 20 devil's presses 1X 32.5/22.5
- 200 m swim
- 20 devil's presses 1X 32.5/22.5

**Workout standards:**

- Devil's presses must be performed in a single movement. No rest on shoulder. Fully extended on the way up.
- No dropping the dumbell! STAY SAFE!
- Sart the workout right before the platform and finish the workout simply by stepping off the platform. NO RUNNING!!STAY SAFE!!!

**4<sup>rd</sup> Workout Name: 'Devil's Pool**

**Division: RX'D, Masters 40-44 & 45+**

**Type: For Time**

**TimeCap: 10'**

**Workout Details:**

- 20 devil's presses 1X22.5/15
- 100 m swim
- 20 devil's presses 1X22.5/15

**Workout standards:**

- Devil's presses must be performed in a single movement. No rest on shoulder.

Fully extended on the way up.

- No dropping the dumbbell!! STAY SAFE!
- Start the workout right before the platform and finish the workout simply by stepping off the platform. NO RUNNING!!STAY SAFE!!!

**4<sup>rd</sup> Workout Name: 'Devil's Pool**

**Division: Intermediate & teens**

**Type: For Time**

**TimeCap: 7'**

**Workout Details:**

- 100 m swim
- 30 db front squats 1X22.5/15

**Workout standards:**

- Devil's presses must be performed in a single movement. No rest on shoulder.

Fully extended on the way up.

- No dropping the dumbbell!! STAY SAFE!
- Start the workout right before the platform and finish the workout simply by stepping off the platform. NO RUNNING!!STAY SAFE!!!

**4<sup>rd</sup> Workout Name: 'Devil's Pool**

**Division: TEAMS**

**type: For Time**

**TimeCap: 10'**

**Workout Details:**

- 30 devil's presses 1X22.5/15
- 200 m swim

- 30 devil's presses 1X22.5/15

**Workout standards:**

- Devil's presses must be performed in a single movement. No rest on shoulder.

Fully extended on the way up.

- No dropping the dumbbell!! STAY SAFE!
- Start the workout right before the platform and finish the workout simply by stepping off the platform. NO RUNNING!!STAY SAFE!!!
- Split the repetitions and the swim as desired. BUT remember in and out of the pool is performed every 100 meters.

- **Workout Release Date: 22/9/2023**
- **Workout Start Date / Time: 22/10/2023-09.00**
- **Workout End Date / Time:22/10/2023- 11.45**

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**5<sup>th</sup> Workout Name: 'Climb the Olympus'**

**Division: Elite, Masters 35-39**

**Type: For Time**

**Time Cap: 11'**

**Workout Details:**

- 5 legless rope climbs
- 16 dB clean n' split jerks 1x32.5/22.5 kg
- 8 meters overhead lunges
- 200 meters run
- 3 legless rope climbs
- 16 db clean n' split jerks 1x32.5/22.5 kg
- 8 meters overhead lunges
- 200 meters
- 1 legless rope climb
- 16 db clean n' jerks 1x32.5/22.5 kg
- 8 meters overhead lunges

**Workout standards:**

- Rope climbs height is 4m & 30 cm for male athletes and 3m & 80 cm for female athletes. Athletes must clearly touch over the mark
- Athletes must be fully standing on the split jerk in order for the repetition to count. Split jerk as you want.
- Every rep on the dumbbell starts from the floor. Both heads of the dumbbell.
- You can break the lunges every 2 meters two meters. If you break before the 2 meters mark you have to go back to the previous mark.
- Run behind the platform and the obstacles so the distance is the same for all athletes.
- Always start behind the START/FINISH line and work facing the line on the platform.

**5<sup>th</sup> Workout Name: 'Climb the Olympus'**

**Division: RX'D, Masters 40-44**

**Type: For Time**

**Time Cap: 11'**

**Workout Details:**

- 3 legless rope climbs
- 16 db clean n' split jerks 1x22.5/15 kg
- 8 meters overhead lunges
- 200 meters run
- 2 legless rope climbs
- 16 db clean n' split jerks 1x22.5/15 kg
- 8 meters overhead lunges
- 200 meters
- 1 legless rope climb
- 16 db clean n' jerks 1x22.5/15 kg
- 8 meters overhead lunges

**Workout standards:**

- Rope climbs height is 4m & 30 cm for male athletes and 3m & 80 cm for female athletes. Athletes must clearly touch over the mark
- Athletes must be fully standing on the split jerk in order for the repetition to count. Split jerk as you want.
- Every rep on the dumbbell starts from the floor. Both heads of the dumbbell.
- You can break the lunges every 2 meters two meters. If you break before the 2 meters mark you have to go back to the previous mark.
- Run behind the platform and the obstacles so the distance is the same for all athletes.
- Always start behind the START/FINISH line and work facing the line on the platform.

**5<sup>th</sup> Workout Name: 'Climb the Olympus'**

**Division: Masters 45-49**

**Type: For Time**

**Time Cap: 11'**

**Workout Details:**

- 3 legless rope climbs
- 12 db clean n' split jerks 1x22.5/15 kg
- 8 meters overhead lunges
- 200 meters run
- 2 legless rope climbs
- 12 db clean n' split jerks 1x22.5/15 kg
- 8 meters overhead lunges
- 200 meters
- 1 legless rope climb
- 12 db clean n' jerks 1x22.5/15 kg
- 8 meters overhead lunges

**Workout standards:**

- Rope climbs height is 4m & 30 cm for male athletes and 3m & 80 cm for female athletes. Athletes must clearly touch over the mark
- Athletes must be fully standing on the split jerk in order for the repetition to count. Split jerk as you want.
- Every rep on the dumbbell starts from the floor. Both heads of the dumbbell.
- You can break the lunges every 2 meters two meters. If you break before the 2 meters mark you have to go back to the previous mark.
- Run behind the platform and the obstacles so the distance is the same for all athletes.
- Always start behind the START/FINISH line and work facing the line on the platform.

**5<sup>th</sup> Workout Name: 'Climb the Olympus'**

**Division: Intermediate/ Teens FINAL WOD**

**Type: For Time**

**Time Cap: 11'**

**Workout Details:**

- 3 rope climbs
- 16 db clean n' split jerks 1x15/10 kg
- 8 meters front rack lunges
- 200 meters run
- 2 rope climbs
- 16 db clean n' split jerks 1x15/10kg
- 8 meters front rack lunges
- 200 meters
- 1 rope climb
- 16 db clean n' jerks 1x15/10 kg
- 8 meters front rack lunges

**Workout standards:**

- Rope climbs height is 4m & 30 cm for male athletes and 3m & 80 cm for female athletes. Athletes must clearly touch over the mark
- Athletes must be fully standing on the split jerk in order for the repetition to count. Split jerk as you want.
- Every rep on the dumbbell starts from the floor. Both heads of the dumbbell.
- You can break the lunges every 2 meters two meters. If you break before the 2 meters mark you have to go back to the previous mark.
- Run behind the platform and the obstacles so the distance is the same for all athletes.
- Always start behind the START/FINISH line and work facing the line on the platform.



## **5<sup>th</sup> Workout Name: 'Climb the Olympus'**

**Division: Teams**

**Type: For Time**

**Time Cap: 15'**

### **Workout Details:**

- 9 rope climbs
- 30 db clean n' split jerks 1x22.5/15 kg
- 2x8 meters overhead lunges
- 200 meters run
- 9 rope climbs
- 30 db clean n' split jerks 1x22.5/15 kg
- 2x8 meters overhead lunges
- 200 meters
- 9 rope climbs
- 30 db clean n' jerks 1x22.5/15 kg
- 2x8 meters overhead lunges

### **Workout standards:**

- Rope climbs height is 4m & 30 cm for male athletes and 3m & 80 cm for female athletes. Athletes must clearly touch over the mark
- Athletes must be fully standing (CENTERED STANCE) in the split jerk for the repetition to count. Split jerk as you want.
- Every rep on the dumbbell starts from the floor. Both heads of the dumbbell.
- You can break the lunges every 2 meters. If you break before the 2 meters mark you have to go back to the previous mark.
- Run behind the platform and the obstacles so the distance is the same for all athletes.
- Always start behind the START/FINISH line and work facing the line on the platform.
- Split the repetitions as desired!
- Both athletes can be on the arena!!
- Run synchro holding a rope!

**Workout Release Date: 22/9/2023**

**Workout Start Date / Time: 22/10/2023- 12.15**

**Workout End Date / Time:22/10/2023- 15.10**

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**6<sup>th</sup> Workout Name: 'Go through your COMPLEX''**

**Division: ELITE, MASTERS 35-39, RX'D, MASTERS 40-44, MASTERS 45+,  
8 ATHLETES FROM EACH DIVISION**

**Type: For Time**

**Time Cap: 9 '**

**Workout Details:**

21-15-9

- Deadlift - 8 - Pull-Ups
- Power Clean - 7 - Chest 2 Bar pull Ups
- Snatch - 6 - Muscle Ups

21

- Deadlift - 6 - Pull-Ups
- Power Clean - 5 - Chest 2 Bar pull Ups
- Snatch - 4 - Muscle Ups

15

- Deadlift - 4 - Pull-Ups
- Power Clean - 3 - Chest 2 Bar pull Ups
- Snatch - 2 - Muscle Ups

9

**Workout standards:**

- 70/ 50 kg for the elite & masters 35-39 division
- 60/40 for the rx'd & masters 40-44 division
- 50/35 for the masters 45+ division

**6<sup>th</sup> Workout Name: 'Go through your COMPLEX'**

**Division: TEAMS**

**4 TEAMS FROM EACH DIVISION**

**Type: For Time**

**Time Cap: 14 '**

**Workout Details:**

27-21-15

- Deadlift - 10 - Pull-Ups
  - Power Clean - 9 - Chest 2 Bar pull Ups
  - Snatch - 8 - Muscle Ups
- 27
- Deadlift - 8 - Pull-Ups
  - Power Clean - 7 - Chest 2 Bar pull Ups
  - Snatch - 6 - Muscle Ups
- 21
- Deadlift - 6 - Pull-Ups
  - Power Clean - 5 - Chest 2 Bar pull Ups
  - Snatch - 4 - Muscle Ups
- 15

**Workout standards:**

- 60/40 for the TEAM division

**“GO THROUGH YOUR COMPLEX”**

**Workout Release Date: 19/10/2023**

**Workout Start Date / Time: 22/10/2023- 16.15**

**Workout End Date / Time:22/10/2023- 18.40**