



2021 ALLSTAR ONLINE INDIVIDUALS

WEEK 3 - AFTER BURNER

Time Cap - 20min Cap



INDIVIDUAL NAME _____

WORKOUT DESCRIPTION

RX / INTERMEDIATE / MASTER 35-44 / TEENS

- 24 Wall Balls (20 / 14lbs)
- 12 Toes to Bar
- 8 Burpee Box Jump Overs

MASTER 45+

- 24 Wall Balls (20 / 14lbs)
- 12 Hanging Knee Raises
- 8 Burpee Box Step Overs

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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44

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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88

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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132

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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176

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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220

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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264

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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308

24 Wall Balls	2	4	6	8	10	12	14	16	18	20	22	24
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12 T2B / KR	2	4	6	8	10	12
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8 Burpee Box Jumps	1	2	3	4	5	6	7	8
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352

REPS COMPLETED