



**LAJIT**

# LAJI 1-KILPA

## For total time:

50/35 Calories Row  
then..

## 3 Rounds of:

8 Power Clean  
8 Front Squats  
8 Shoulder to Overhead  
then..

50/35 Calories Row  
then..

## 2 Rounds of:

8 Power Clean  
8 Front Squats  
8 Shoulder to Overhead  
then..

50/35 Calories Row  
then..

## 1 Round of:

8 Power Clean  
8 Front Squats  
8 Shoulder to Overhead



## Käytettävät painot ikäluokittain kilpasarjoissa:

M/N 35-39: 65/42,5kg

M/N 40-44: 60/40kg

M/N 45-49: 55/37,5kg

M/N 50-54: 50/35kg

M/N 55-59: 45/32,5kg

M/N 60+: 35/25kg

# LAJI 1-KUNTO

## For total time:

50/35 Calories Row  
then..

## 3 Rounds of:

8 Hang Power Clean  
8 Front Squats  
8 Shoulder to Overhead  
then..

50/35 Calories Row  
then..

## 2 Rounds of:

8 Hang Power Clean  
8 Front Squats  
8 Shoulder to Overhead  
then..

50/35 Calories Row  
then..

## 1 Round of:

8 Hang Power Clean  
8 Front Squats  
8 Shoulder to Overhead



## Käytettävät painot ikäluokittain kuntosarjoissa:

M 35-39, 40-44, 45-49: 35kg

N 35-39, 40-44, 45-49: 25kg

M 50-54, 55-59, 60+: 30kg

N 50-54, 55-59, 60+: 20kg

# LAJI 2-KILPA

## For total time:

30 Over Unders 60/50cm  
into..

30-20-10  
Overhead Squats  
Chest to Bar Pull Up  
into..

30 Bar Facing Burpees

Timecap 20 minutes.

If athlete is hitting the timecap, score is 20:00+(reps completed before timecap)

## Käytettävät painot ja skaalaukset ikäluokittain kilpasarjoissa:

M/N 35-39: 50/35kg

M/N 40-44: 45/32,5kg

M/N 45-49: 40/30kg

M/N 50-54: 35/25kg

M/N 55-59: 30/20kg, Chin Over Bar Pull Ups

M/N 60+: 25/15kg, Chin Over Bar Pull Ups



# LAJI 2-KUNTO

## For total time:

30 Over Unders 60/50 cm (can step)  
into..

30-20-10  
Plate Overhead Lunges  
Jumping Pull Ups  
into..

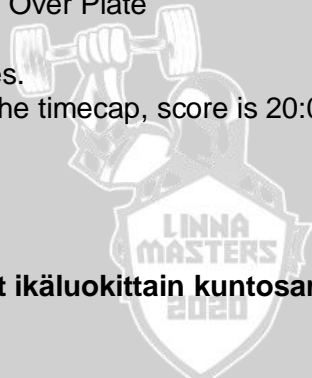
30 Lateral Burpees Over Plate

Timecap 20 minutes.  
If athlete is hitting the timecap, score is 20:00+(reps completed  
before timecap)

## Käytettävät painot ikäluokittain kuntosarjoissa:

M/N 35-39, 40-44, 45-49: 15/10kg plate

M/N 50-54, 55-59, 60+: 10/5kg plate



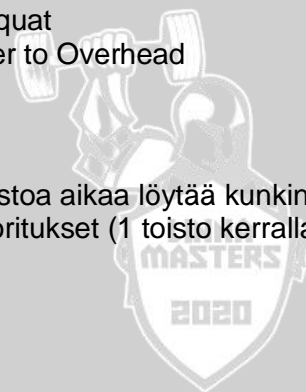
# LAJI 3 – KUNTO / KILPA

## For total load:

1-rep-max Front Squat  
1-rep-max Shoulder to Overhead  
1-rep-max Deadlift

Urheilijalla on 3 toistoa aikaa löytää kunkin liikkeen maksimipaino. Suoritukset (1 toisto kerrallaan) 2:00 minuutin välein.

min 00-02: 1 Front Squat attempt  
min 02-04: 1 Front Squat attempt  
min 04-06: 1 Front Squat attempt  
min 06-08: 1 Shoulder to Overhead attempt  
min 08-10: 1 Shoulder to Overhead attempt  
min 10-12: 1 Shoulder to Overhead attempt  
min 12-14: 1 Deadlift attempt  
min 14-16: 1 Deadlift attempt  
min 16-18: 1 Deadlift attempt



# LAJI 4-KILPA

## For total reps:

### AMRAP 6 minutes:

3 Power Snatch  
15 Wall Balls 9/6kg

Rest 2 minutes before..

### AMRAP 6 minutes:

15 Box Jump Overs 60/50cm  
12 Toes to Bar  
9 HSPU

Rest 2 minutes before..

### AMRAP 6 minutes:

30m DB Front Rack Lunges  
20 DB Devils Press (Tiebreaker)  
10 Bar Muscle Up



## Käytettävät painot ja skaalaukset ikäluokittain kilpasarjoissa:

M/N 35-39: Snatch 55/37,5kg, DBs 22,5/15kg

M/N 40-44: Snatch 50/35kg, DBs 22,5/15kg

M/N 45-49: Snatch 45/32,5kg, DBs 17,5/12,5kg

M/N 50-54: Snatch 40/30kg, DBs 17,5/12,5kg

M/N 55-59: Snatch 35/25kg, DBs 15/10kg, HSPU +1 AbMat,  
Chest to Bar Pull Up

M/N 60+: Snatch 30/20kg, DBs 15/10kg, HSPU +1 AbMat,  
Chest to Bar Pull Up

## LAJI 4-KUNTO

**For total reps:**

**AMRAP 6 minutes:**

3 Ground to Overhead  
15 Wall Balls 9/6kg

Rest 2 minutes before..

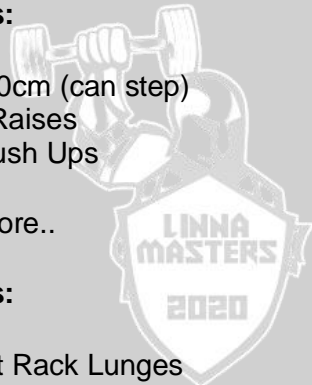
**AMRAP 6 minutes:**

15 Box Overs 60/50cm (can step)  
12 Hanging Knee Raises  
9 Hand Release Push Ups

Rest 2 minutes before..

**AMRAP 6 minutes:**

30m DB Dual Front Rack Lunges  
20 Single Arm DB Devils Press (Tiebreaker)  
10 Jumping Chest to Bar



**Käytettävät painot ja skaalaukset ikäluokittain  
kuntosarjoissa:**

M 35-39, 40-44, 45-49: Ground to Overhead 35kg, DBs 15kg

N 35-39, 40-44, 45-49: Ground to Overhead 25kg, DBs 10kg

M 50-54, 55-59, 60+: Ground to Overhead 30kg, DBs 12,5kg,

N 50-54, 55-59, 60+: Ground to Overhead 20kg, DBs 7,5kg,

Naiset kaikki ikäluokat: HR Push Ups polvet maassa



# LAJI 5- KILPA

**For time:**

3000/2000m Row  
300 Double Unders  
30 Shuttle Runs (10m each)

Same standards for all groups.  
Timecap 20 minutes.  
If athlete is hitting the timecap, score is 20:00+(reps completed before timecap)

