



BeastMode Box Functional Training Center

“THE RESOLUTION REVOLUTION” NEW YEAR YOUTH COMPETITION

EVENT DETAILS:

“TAKE THE LONG WAY HOME”

SPIN BIKE – BIKE FOR 10 MIN FOR DISTANCE
(MILES)

“WHEELS ON THE BUS GO ROUND AND ROUND” FOR TIME!

- 1 LAP – 30 STEP UPS
- 1 LAP – 10 HR PUSH-UPS
- 1 LAP – 15 WALL BALLS
- 1 LAP – 25 SIT-UPS
- 1 LAP – 10 THRUSTERS
- 1 LAP

“JUMP TO THE TOP”

- 3 MIN AMRAP (REPS)
- :30 SEC JUMP ROPE
- :30 SEC JUMPING PULL-UPS
- SCORE IS TOTAL REPS OF BOTH
PULL-UPS AND JR

“TOTE THE LUGGAGE AND THEN SOME”

FOR TIME!

- FARMERS CARRY – 5/EACH SINGLE ARM
- FARMERS CARRY – 10 AIR SQUATS
- FARMERS CARRY – 15 BURPEES
- PUSH PRESS OR THRUSTERS WITH WALLBALL

MYSTERY WOD: FOR TIME



Saturday

January 12, 2019

9:00am until

Check-In Begins at 8:00am

Pre-Register at Front Desk Information
Table in front of Community Room

Randolph-Asheboro YMCA

BeastMode Box Functional Training Center

Ages 10-14 Free Event!

Y Members & Bring Friends

343 NC Hwy 42N Asheboro, NC 27203

336-625-1976

