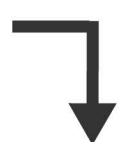


QUARTERFINALS

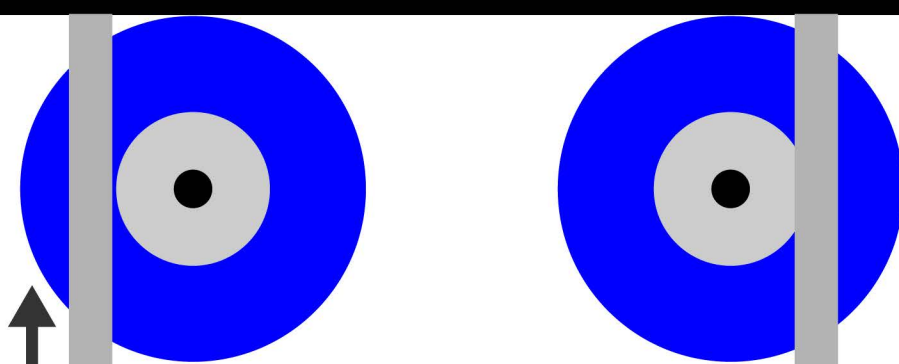
INDIVIDUALS - WORKOUT 1

WALL



BOXES ARE
40" x 24"
(102 X 60 CM)

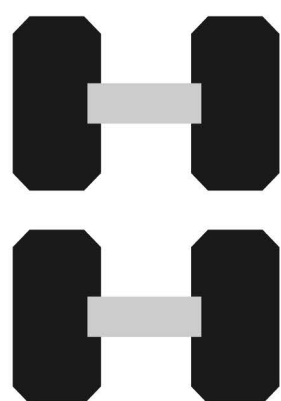
ATHLETE
START



STACKED PLATES
(OR SIMILAR ITEMS)
TO CREATE DEFICIT

5 FEET
(152 CM)

TAPE LINE



DUMBBELLS

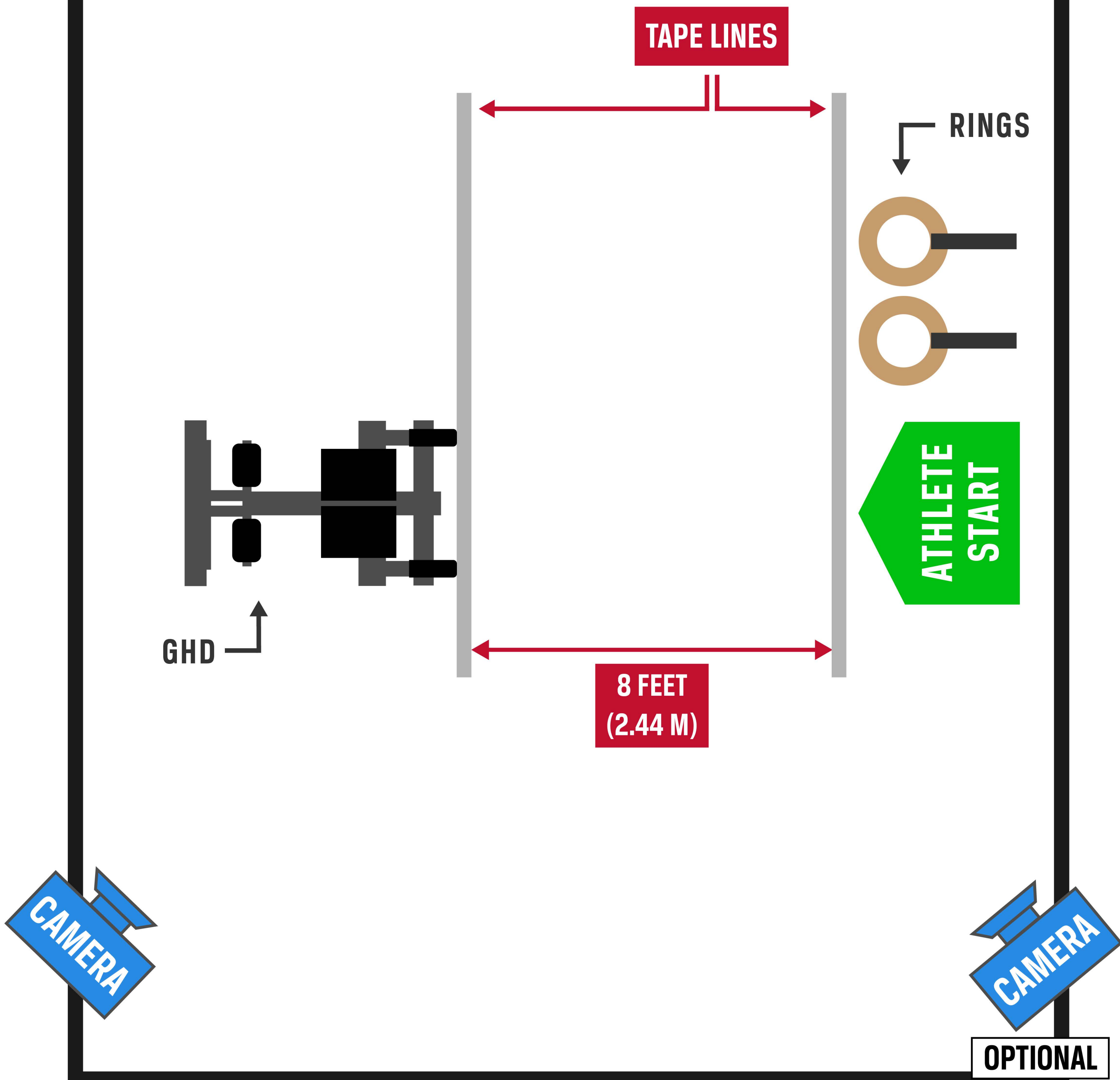
CAMERA

CAMERA

OPTIONAL

QUARTERFINALS

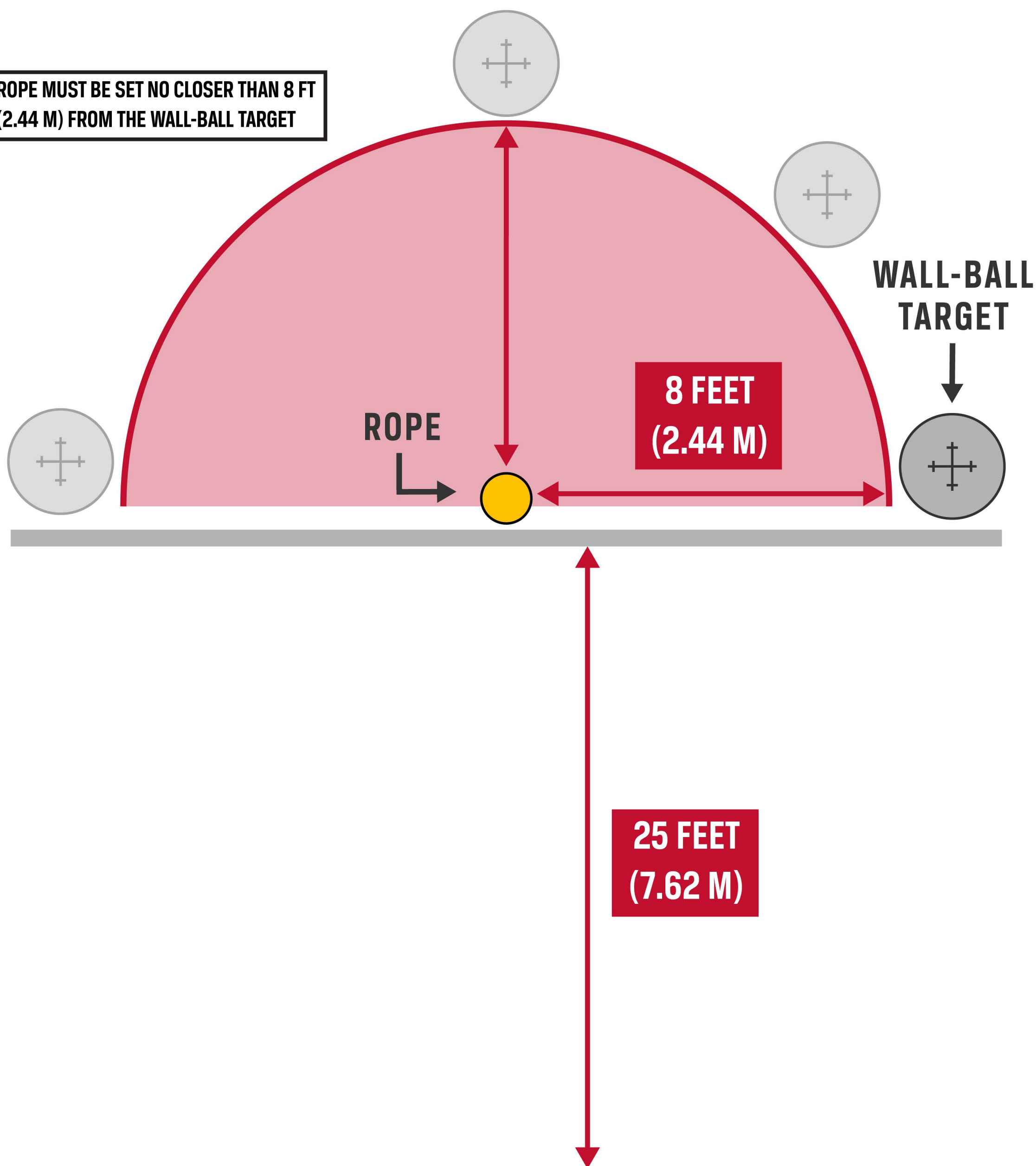
INDIVIDUALS - WORKOUT 2



QUARTERFINALS

INDIVIDUALS - WORKOUT 3

ROPE MUST BE SET NO CLOSER THAN 8 FT
(2.44 M) FROM THE WALL-BALL TARGET



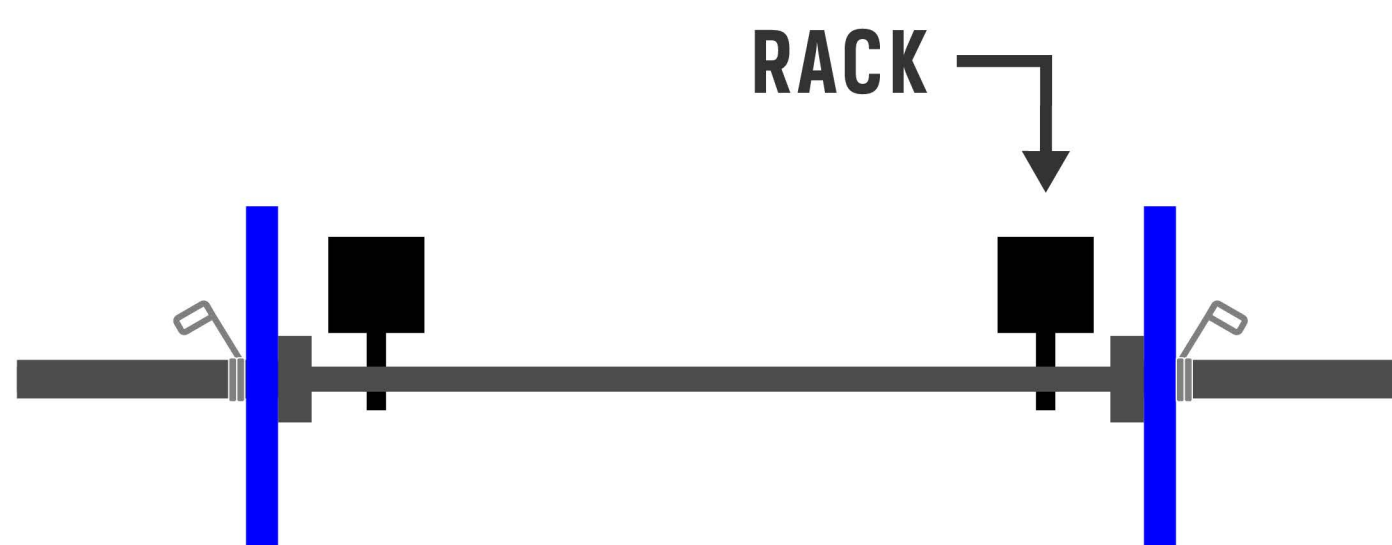
CAMERA

CAMERA

OPTIONAL

QUARTERFINALS

INDIVIDUALS – WORKOUT 4



CAMERA

CAMERA

OPTIONAL

QUARTERFINALS

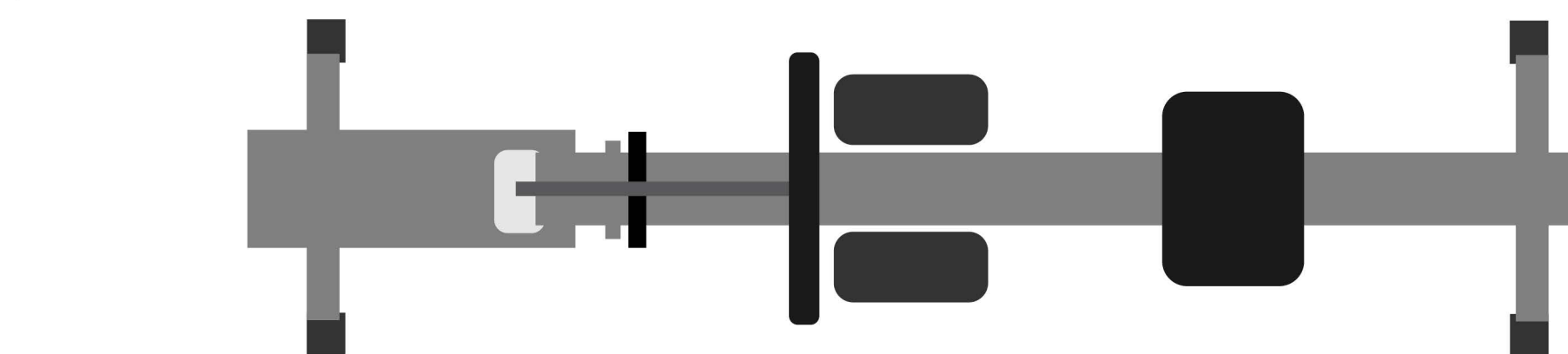
INDIVIDUALS - WORKOUT 5

ATHLETE
FACING



8 FEET
(2.44 M)

PLYO BOX



CONCEPT2 ROWER

CAMERA