

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING
FUNCTIONAL FITNESS CHALLENGE
11 May 2019**

1. **REFERENCES:**
 - a. AR 215-1, Morale, Welfare and Recreation Activities and Non-appropriated Fund Instrumentalities.
 - b. Army in Europe (AE) Regulation 215-1-8, Conducting Europe Region Sports & League Championships.
2. **WHAT:** 2019 Bavarian Barbell Throw Down
3. **WHEN:** 11 MAY 2019, 0900 - 1400
4. **WHERE:** Field House B547, Grafenwoehr, Tower Barracks.
5. **ENTRIES:** 30 Maximum Individual Competitors
6. **REGISTRATION:**
 - a.. Register in person for event at Tower Barracks Fitness Center, B170, Tower Barracks Field House, B547, Rose Barracks, Jessie L. Williams Fitness Center, B323, and or the Memorial Fitness Center, B616.
 - b. Registration deadline is **9 May 2019**.
7. **ELIGIBILITY:**
 - a. Open to all Active b. Duty military, Family Members, DOD employees, or DoD ID cardholders.
 - b. Must be 18 years or older to compete. Not in high school or registered in a CYS program.
 - c. Individuals who have no current physical limitations and cleared for high intensity physical activity.
8. **COACHES MEETING:** 9 May 19, 1800 hours - A mandatory coaches' Meeting will be conducted at Grafenwoehr Field House, B547, Tower Barracks in the functional fitness room. All administrative procedures and rules will be discussed.
9. **JUDGES CLINIC:** 9 May 2018, 1830 hours - A mandatory Judges Clinic will be conducted at Grafenwoehr Field House B547, Tower Barracks in the functional fitness room. All rules and standards for judging will be discussed. Athletes are welcome to attend as well.
10. **ID CHECK:** 100% Mandatory ID Card check for all athletes before the first event begins.

11. **START TIME:** 11 May 2019, 0900 hours, Late Registration if space are available will be from 0800-0815,
Opening remarks - 0830-0845.
12. **EVENT FORMAT:** a. 3 Events will be scheduled for all individuals, with a 4th event as a tie breaker.
b. There will be RX and Scaled Division, each with Male and Female Participants.
13. **UNIFORMS:** Bibs will be assigned to each individual with their numbers.
14. **AWARDS CEREMONY:** Following Final Event.
15. **AWARDS:** 1st, 2nd and 3rd place individual awards will be presented for RX, Scaled for male and female.
16. **CHALLENGE POC:** Anna C. Olson, Functional Fitness Coach
anna.c.olson6.naf@mail.mil

Anna C Olson
Fitness Instructor, CF-LV1 CF-LV2
Family and MWR, USAG BAVARIA

Workouts

WOD 1

14 MIN AMRAP
40 DOUBLE UNDERS
10 T2B
40 DOUBLE UNDERS
10 OHS

RX W 88
RX M 125
SCALED W 65 LEG LIFTS
SCALED M 115 LEG LIFTS
Tie breaker- Time after 2 DU

WOD 2

15 MIN CAP
50/30 CAL ROW
15 CHEST 2 BAR
12 BURPEE OVER BAR
WITH TIME LEFT 1 REP MAX SQUAT CLEAN

RX W 30 CAL ROW
RX M 50 CAL ROW
SCALED W 20 CAL ROW / PULLUPS
SCALED M 40 CAL ROW /PULLUPS
Tie breaker-time after burpee

WOD 3

5 ROUNDS
20 ALTERNATING DB SNATCHES
3 ROPE CLIMBS
CALORIES ON ASSAULT BIKE

RX W 40/ 15 CAL ON BIKE
RX M 60/ 25 CAL ON BIKE
SCALED W 35/ 15 CAL ON BIKE 1 rope climb
SCALED M 50/ 25 CAL ON BIKE 1 rope climb
Tie breaker-time after each set of rope climbs

Tie Breaker WOD

(3) 4 MIN AMRAPS 1 MIN REST BETWEEN ROUNDS
15 BURPEE BOX JUMP OVER
400 M ROW
REMAINING TIME CLEAN AND JERK 95/145
ONLY CLEAN AND JERKS COUNT

RX W 95/ 24 B. BOX JUMP OVER
RX M 145 30 B. BOX JUMP OVER
SCALED W 65/B.BOX STEP OVER
SCALED M-115/B. BOX STEP OVER

Tie breaker-time after row