

**ADMINISTRATIVE AND OPERATIONAL PROCEDURES FOR CONDUCTING  
FUNCTIONAL FITNESS CHALLENGE  
12 May 2018**

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.
  - c. DA PAM 385-5, Fundamentals of Safety in Army Sports & Recreation. 15 Nov 81
2. **WHAT:** 2018 Tower Barracks Functional Fitness Challenge
3. **WHEN:** 12 May 2018, 0900 – 1400 hrs.
4. **WHERE:** Field House, Bldg. 547 Tower Barracks, Grafenwoehr
5. **ENTRIES:** 15 Individual, (estimated)
6. **RIGISTRATION:**
  - a. Pre-registration will start on 16 April 2018.
  - b. Sign-up sheets will be posted at the Tower Barracks Fitness Center, B170 and the Field house, B547.
  - c. Register NLT 9 May 2018 in order to receive a T-shirt.
  - d. Late registration if space is available up until 11 May 2018.
7. **ELIGIBILITY:**
  - a. Open to all active duty military, Family Members, DoD ID card holders.
  - b. Individual DoD ID card holders who have no current physical limitations and have been cleared for high intensity physical activity. Individuals need to have filled out and signed a Liability Waiver prior to participation.

8. **COACHES MEETING:** 10 May 18, 1800 hours - A mandatory coaches' meeting will be conducted at Tower Barracks Field House, B547 in the functional fitness area. All administrative procedures and rules will be discussed.
9. **JUDGES CLINIC:** 10 May 2018, 1800 hours - A mandatory Judges Clinic will be conducted at Tower Barracks Field House, B547 in the functional fitness area. All rules and standards for judging will be discussed.
11. **START TIME:** 12 May 2018,  
Roster check 0830 hours  
Opening remarks 0845 hours  
Event Starts 0900 hours
12. **EVENT FORMAT:** 4 Events will be scheduled for all individuals, with only the top 5 individuals moving to the final 5<sup>th</sup> event.
13. **DIVISION:** There will be RX and Scaled Division, each with Male and Female Participants.
14. **UNIFORMS:** Bibs will be assigned to each participant.
1. **AWARDS:**
- a. Participation T-shirt
  - b. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Individual Awards will be presented for RX, Scaled for male and female.
14. **AWARDS CEREMONY:** Following the final challenge.
16. **EVENT DIRECTOR:** Anna C. Olson, Sports Specialist,  
CF-LV1 CF-LV2, Functional Fitness Coach  
Family and MWR, Tower Barracks, DSN:475-9007.  
**Email:** [anna.c.olson6.naf@mail.mil](mailto:anna.c.olson6.naf@mail.mil)

SERGE KEARSE  
Chief, Sports & Fitness Operation Branch  
Family and MWR, USAG Bavaria

# 2018 Tower Barracks Functional Fitness Challenge WOD

## **WOD 1**

12 MIN TIME CAP  
1 MILE RUN  
REMAINING TIME MAX DL  
REPS  
RX W-175 M-225  
SCALED W-125 M-155

## **WOD 2**

(20 MIN TIME CAP)  
9-12-15-18  
POWER CLEAN  
PULLUPS  
CAL ON ROWER  
RX W-115 M-135  
SCALED W-77 MEN-  
120  
JUMPING PULLUPS

## **WOD 3**

(20 MIN TIME CAP)  
5 ROUNDS  
9 THRUSTERS  
40 DU  
9 HSPU  
RX W-77 M-105  
SCALED W 55 M-77  
120 SINGLE JUMP ROPES  
9 SEATED KB PRESSES W18/M36

## **WOD 4**

(15 MIN CAP)  
10 OH SQUATS  
10 WALL BALL  
10 POWER SNATCH  
10 T2B  
10 SQUAT CLEAN  
10 T2B  
10 POWER SNATCH  
10 WALL BALL  
10 OHS  
RX-W 85 & 135 WB 16/M 125,  
155 WB 30  
SCALED 65,95 WB 14 /M 85, 125  
WB 20  
SCALED KNEES TO ELBOW

## **WOD Final**

(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 O  
RX M 145 30 B. BOX JUMP O  
SCALED W 65/B.BOX STEP O  
SCALED M-115/B. BOX STEP O