

CrossComps

CrossComp Competitors must compete in at least 1 test each month and a maximum of all 16 tests each quarter (4 times per year).

5-Min Run AMRAP

Run (walk) a 110-yard lap
1 Lap = 55 yards out and back
Goal: 10 laps (1,100 yards; 5/8 mile)
Goal Pace: 30 seconds/lap

5-Min Squat AMRAP

Goal: 150 Air Squats
Goal Pace: 30 per minute

5-Min Lunge AMRAP

Goal: 100 Alternating Lunges
Goal Pace: 20 per minute

5-Min Burpee AMRAP

Goal: 50 Burpees
Goal Pace: 10 per minute

5-Min Sit-Up AMRAP

Goal: 100 Butterfly Sit-Ups
Modification: Crunches
Goal Pace: 20 per minute

5-Min Leg Raise AMRAP

Goal: 150 Leg Raises
Goal Pace: 30 per minute

Plank-athon (longest time)

3-Front + 1-R & 1-L (FRFLF)
Goal; >5 minutes
Goal Pace: 1-min per plank

5-min T2B AMRAP

Goal: 60 Toes-to-Bar
Goal Pace: 12 per minute
Modification: Knees-to-Chest
Goal: 100 K2C (20/min)

5-Min Push-Up AMRAP

Men: Toes / Women: Knees
Goal: 100 Push-Ups
Goal Pace: 20 per minute

5-Min KB Swing AMRAP

Men: 35 lbs / Women: 25 lbs
Goal: 100 American KB Swings
Goal Pace: 20 per minute
Modification: Russian KB Swings
Men: 25 lbs / Women: 20 lbs

5-Min Pull-Up AMRAP

Goal: 60 Pull-Ups
Goal Pace: 12 per min
Modification: 45° Bar Rows

1-RM Dead Lift

Percent Body Weight Goal:
Men: 150% / Women: 100%

1-RM Bench Press

Percent Body Weight Goal:
Men: 100% / Women: 75%

1-RM Leg Press (Back Squat)

Percent Body Weight Goal:
Men: 150% / Women: 100%

1-RM Clean & Jerk

Percent Body Weight Goal:
Men: 100% / Women: 75%

5-Min Med-Fit AMRAP

Goal: 2 Rounds (128 Reps)
Goal Pace: 1 Round per 2.5 min

1 Med-Fit Round:

2 55-yard Runs (walks)
30 Air Squats (half-squats)
20 Butterfly Sit-Ups (leg raises)
10 Push-Ups (45° Incline)
2 55-yard Runs (walks)
64 total Reps per Round

CrossComps

CrossComps is an ongoing fitness competition and fundraising campaign that allows its competitors to compete against themselves, as well as against others -- across their gym, school, church, or company, or against anyone else -- across town, across the country, and even across time.

Hosting Organization: _____

Host webpage: www.CrossComps.com/_____

Registration fee: \$_____ per year, paid to:_____

Proceeds are for:_____

Date of Monthly Raffle:_____

Raffle Prize:_____

Coordinator:_____ Email:_____

To enter the monthly raffle, CrossComp Competitors simply compete in at least 1 and up to a maximum of 8 CrossComp test each month. Limit: 16 tests per quarter.

Competitors earn 1 raffle ticket per CrossComp test. Extra raffle tickets can be earned for each personally invited guest that participates in a CrossComp test for free. Limit: 1 test per month per guest for a maximum of 3 tests per year.

Competitor:_____

Date of Birth:_____/_____/_____ Age:_____._____ Gender:_____

Email:_____ Phone #:_____

Start Date:_____/_____/_____ Payment Type:_____

A personal CrossComp webpage is available for \$25/year at www.CrossComps.com. All proceeds are donated to "Muscles for Billy" in support of families with a physically disabled child. A grand prize raffle is held annually. (See website for details.)

Personal webpage: www.CrossComps.com/_____

Host CrossComps to promote fitness and raise money for your organization!

