

THE FIRST OFFICIAL AUSTRALIAN HERO WORKOUT

WOOD

 Rxd Men 42.5kg Rxd Women 30kg
 Rxd Men 24inch Women 20inch

Athlete Name _____

Scorekeeper Name _____

Affiliate _____

Male / Female	Movement	Reps	Round 1	Round 2	Round 3	Round 4	Round 5
	400 m Run						
M 24 / F 20 inch	Burpee Box Jump	10					
M 42.5 / F 30kg	SDHP	10					
M 42.5 / F 30kg	Thruster	10					
	1 min rest						
*No rest round 5. Rest included in time.	Time						

Scaled? YES NO Please circle

Total Time:

Athlete Sign _____

Scorekeeper Sign _____