

Presented by



Equipment Company

**FREYA'S FRENZY**

<b>RX</b>	<b>9 MIN AMRAP</b>
10 PULL UPS	
10 CAL ECHO BIKE	50#/35#
10 DB STEPOVERS	24"/20"

<b>SCALED</b>	<b>9 MIN AMRAP</b>
10 JUMPING PULL UPS	
10 CAL ECHO BIKE	35#/25#
10 DB STEPOVERS	20"/20"



	PULL UPS	CAL ECHO	DUAL DB STEP OVER	TIME
ROUND 1	10	10	10	
	10	20	30	
ROUND 2	10	10	10	
	40	50	60	
ROUND 3	10	10	10	
	70	80	90	
ROUND 4	10	10	10	
	100	110	120	
ROUND 5	10	10	10	
	130	140	150	
ROUND 6	10	10	10	
	160	170	180	
ROUND 7	10	10	10	
	190	200	210	
ROUND 8	10	10	10	
	220	230	240	
ROUND 9	10	10	10	
	250	260	270	

TOTAL REPS

<b>Team Name</b>		<b>Judge Name</b>	
<b>Athlete Signature</b>		<b>Judge Signature</b>	

## **Movement Standards**

### **Pull-Ups (RX):**

Athletes must start from a full hang with arms fully extended.  
The chin must clearly pass above the bar for the rep to count.  
Kipping and butterfly pull-ups are allowed.  
No jumping or assistance is permitted.

### **Jumping Pull-Ups (Scaled):**

The bar must be set **6 inches above the athlete's head** when standing flat-footed.  
Athletes must start with arms fully extended.  
The chin must pass above the bar for the rep to count.

### **Cal Echo Bike (RX and Scaled):**

Athletes must stay seated during the effort.  
Calories must reach the target before moving to the next movement.  
The monitor must be reset for each round.

### **Dual Dumbbell Box Step-Overs (RX):**

**Dumbbell Weights:** 50 lbs for males, 35 lbs for females.  
**Box Heights:** 24 inches for males, 20 inches for females.  
Athletes must carry a dumbbell in each hand and step over the box.  
Both feet must touch the top of the box but standing to full extension on top is **not required**.  
Both feet must touch the ground on the other side for the rep to count.

### **Dual Dumbbell Box Step-Overs (Scaled):**

**Dumbbell Weights:** 35 lbs for males, 25 lbs for females.  
**Box Heights:** 20 inches for males, 20 inches for females.  
Same movement standards as RX, with lighter weights and shorter box heights.