

# Workout Summary

## SUC Functional Fitness

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| <b>2023.1</b> | <b>HIIT</b><br>20' AMRAP                           | 100 DU or 200 SU<br>Rower (30cal/20cal)<br>10 Burpee Box Jump Over (24"/20")<br>Spinning Bike (30cal/20cal) |
| <b>2023.2</b> | <b>Bodyweight &amp; KB</b><br>20' AMRAP            | 40 KB Swings (20/16)<br>20 KB Goblet Squats (20/16)<br>10 Push-Ups<br>5 Pull-Ups                            |
| <b>2023.3</b> | <b>Run in the Park</b>                             | Run 5k for Time   |
| <b>2023.4</b> | <b>Skills &amp; Coordination</b>                   | Various Tasks   |
| <b>2023.5</b> | <b>Barbell</b><br>4 Rounds for Time / TC 12'       | 15 Deadlifts (40/30)<br>10 Hang Power Cleans (40/30)<br>5 Pus Jerks (40/30)                                 |
| <b>2024.1</b> | <b>A: Running Farmer</b><br>For Time / TC: 10'     | 400m Run<br>200m Farmer Carries (24/16)<br>400m Run<br>200m Farmer Carries (24/16)<br>400m Run              |
|               | <b>B: Thrusters</b><br>For Time / TC: 5'+ Leftover | Lift as many kg as possible<br>Choose weight on barbell   |
| <b>2024.2</b> | <b>Burpee Beep Test</b><br>TC: 15'                 | Between two beeps:<br>1 Burpee<br>3 Airsquats   |
| <b>2024.3</b> | <b>Rowing Cindy</b><br>3 Rounds for Time / TC: 14' | Row (500m/400m)<br>30/20/10 Goblet Squats (24/16)<br>20/15/10 Push-Ups<br>10/8/6 Pull-Ups                   |

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| <b>2025.1</b> | <b>TBA</b> |
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| <b>2025.2</b> | <b>TBA</b> |
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| <b>2025.3</b> | <b>TBA</b> |
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| <b>2025.4</b> | <b>TBA</b> |
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| <b>2025.5</b> | <b>TBA</b> |
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In some events there are scaled versions of certain exercises (e.g. jumping pull-ups instead of regular pull-ups) available. Scaling options are not mentioned in this paper.