

CAF FITNESS GAMES 2026

Workout 2 – FALSE SUMMIT

Athlete Information

Athlete name: _____

Judge Name: _____



Performance	Fitness	Foundations
AMRAP 15: 100 Double-Unders 80 Deadlifts 60 Shoulder-to-Overhead 40 Burpees Over Bar 20 Snatches Load: Barbell (95/65)	AMRAP 15: 100 Single-Unders 60 Deadlifts 40 Shoulder-to-Overhead 30 Burpee Over Bar 20 Snatches Load: Barbell (75/55 lb)	AMRAP 15: 60 Single-Unders 50 Dumbbell Deadlifts 40 Dumbbell Push Press 20 Step-Over Burpees 10 Dumbbell Snatches Load: Dumbbells (35/20 lb)

Rep Tracking

Round	Skipping	Deadlifts	S2OH	Burpees	Snatches
Round 1					
Round 2					

Total # of Reps : _____

Performance: 1 Round = 300 Reps | **Fitness:** 1 Round = 250 Reps | **Foundations:** 1 Round = 180 Reps

Tie Break: Time at completion of Double Unders (Single Unders for Fitness and Foundations)

TIE BREAK TIME: _____

Score submission deadline: 18 June 2026 at 23:59 ET. [Click Here](#) or scan the QR code to submit your score.

Workout 2 - False Summit (AMRAP 15) - Judges Scoring Sheet - PERFORMANCE DIVISION

Athlete	Double Unders	Deadlifts	Shoulder to OH	Burpee Over Bar	Snatches	Score

AMRAP 15:

- **100 Double-Unders**
- **80 Deadlifts**
- **60 Shoulder-to-Overhead**
- **40 Burpees Over Bar**
- **20 Snatches**

Tie Break: Time at completion of Double Unders TIE BREAK TIME: _____

Load: Barbell (95/65 lb)

***Athletes continue cycling through the chipper in order until the time expires.**

Movement Standards

Double-Under

- Rope passes under the feet twice per jump.
- Single-unders do not count.

Deadlift

- Barbell starts on the floor.
- Athlete lifts the bar until hips and knees are fully extended.
- Shoulders must be behind the bar at the top.

Shoulder-to-Overhead

- Barbell begins at the shoulders.
- Athlete may strict press, push press, or push jerk the bar overhead.
- Arms, hips, and knees must be fully extended, and the bar must be over top of the head at lockout.

Burpee Over Bar

- Athlete completes a burpee with chest and thighs contacting the ground.
- Athlete must jump over the barbell (laterally or forward-facing).
- Both feet must clearly pass over the bar.
- Stepping over the bar is not permitted.

Snatch

- Barbell moves from the floor to overhead in one motion.
- Arms, hips, and knees fully extended at lockout.
- Bar must be over the midline of the body.

Scoring

- Score is the total number of repetitions completed at the end of 15 minutes.
- Athletes that complete the entire descending ladder will loop back to the beginning.

Materials Required - PERFORMANCE DIVISION

- Barbell and weight plates (95/65 lb)
- Jump rope
- Flat workout surface

Workout 2 - False Summit (AMRAP 15) - Judges Scoring Sheet - FITNESS DIVISION

Athlete	Single Unders	Deadlifts	Shoulder to OH	Burpee over Bar	Snatches	Score

AMRAP 15:

- 100 Single-Unders
- 60 Deadlifts
- 40 Shoulder-to-Overhead
- 30 Burpee Over Bar
- 20 Snatches

Load: Barbell (75/55 lb)

Tie Break: Time at completion of Single Unders **TIE BREAK TIME:** _____

Movement Standards

Same as Performance Division unless mentioned below.

Single-Under

- Rope passes under feet once per jump.

Burpee Over Bar

- Stepping over the bar is permitted.

Scoring

- Score is **total repetitions completed** at time cap.

Materials Required - SCALED - FITNESS DIVISION

- Barbell and plates (75/55 lb)
- Jump rope
- Flat workout surface

Workout 2 - False Summit (AMRAP 15) - Judges Scoring Sheet - FOUNDATIONS DIVISION

Athlete	Single Unders	DB Deadlifts	Push Press	Step-Over Burpees	DB Snatches	Score

AMRAP 15:

- 60 Single-Unders
- 50 Dumbbell Deadlifts
- 40 Dumbbell Push Press
- 20 Step-Over Burpees
- 10 Dumbbell Snatches (alternating)

Load: Dumbbells (35/20 lb)

Tie Break: Time at completion of Single Unders

TIE BREAK TIME: _____

Movement Standards

Push Press

- Dumbbells or a barbell may be used.
- Full lockout overhead required.

Step-Over Burpee

- Stepping over the bar is required.

Dumbbell Snatch

- One dumbbell from floor to overhead.
- Alternating arms each rep.

Scoring

- Score is **total repetitions completed**.
- Athletes who complete the entire descending series start again from the beginning.

Materials Required - FOUNDATIONS DIVISION

- Dumbbells (35/20 lb)
- Jump rope
- Flat workout surface