

CAF FITNESS GAMES 2026

Workout 3 – FULL TILT

&

Workout 3.1 - LOCK & LOAD



Athlete Information

Athlete name: _____

Judge Name: _____

Performance	Fitness	Foundations
0:00 – 2:00 5 Wall Walks Max Pull-Ups -Rest 1 minute- 3:00 – 6:00 7 Wall Walks Max Chest-to-Bar Pull-Ups -Rest 1 minute- 7:00 – 11:00 8 Wall Walks Max Toes to Bar	0:00 – 2:00 5 Modified Wall Walks Max Jumping Pull-Ups -Rest 1 minute- 3:00 – 6:00 7 Modified Wall Walks Max Pull-Ups -Rest 1 minute- 7:00 – 11:00 8 Modified Wall Walks Max Hanging Knee Raises	0:00 – 2:00 4 Box Wall Walks Max Ring Rows -Rest 1 minute- 3:00 – 6:00 6 Box Wall Walks Max Ring Rows -Rest 1 minute- 7:00 – 11:00 8 Box Wall Walks Max Leg Raises

Rep Tracking

5 WW	Pull 1	7 WW	Pull 2	8 WW	Hip flex

Workout 3 Score

Total # of Reps (including the Wall Walks) : _____

Tie Break: Performance: Total # of Pull-Ups | Fitness: Total # of Jumping Pull-Ups | Foundations: Total # of Ring Rows

Tie Break Reps: _____

Workout 3.1 Score

Option A – Weight (lbs): _____

Option B – # of Reps: _____ x 2 = _____

Score submission deadline: 26 June 2026 at 23:59 ET. [Click Here](#) or scan the QR code to submit your score.

Workout 3 – FULL TILT – Judges Scoring Sheet – PERFORMANCE DIVISION

Athlete	WW (5)	Max P-U	WW (7)	Max C2B	WW (8)	Max T2B	Score

0:00 – 2:00

- 5 Wall Walks
- Max Pull-Ups in remaining time

-Rest 1 minute-

3:00 – 6:00

- 7 Wall Walks
- Max Chest-to-Bar Pull-Ups in remaining time

-Rest 1 minute-

7:00 – 11:00

- 8 Wall Walks
- Max Toes to Bar in remaining time

Tie Break: Number of Pull-Ups TIE BREAK: _____

****Athletes may not begin work before each time window starts.**

Movement Standards

Wall Walk

- Athlete starts prone on the floor with chest and thighs in contact with the ground.
- Hands begin on the designated start line (60/55in).
- Both hands must remain on the start line until both feet are off the ground.
- Feet walk up the wall as hands walk toward the wall until both hands are in contact with the 10-inch line.
- Athlete then walks back down to the start position with chest and thighs returning to the floor.
- Both hands must touch the start line before the feet can touch the ground.

Pull-Up

- Athlete begins hanging from the bar with arms fully extended.
- Chin must clearly pass above the bar.
- Any form of pull-up is allowed, including strict, kipping, and butterfly.

Chest-to-Bar Pull-Up

- Athlete begins hanging from the bar with arms fully extended.
- Chest must clearly contact the bar at or below the collarbone.
- Any form of pull-up is allowed, including strict, kipping, and butterfly.

Toes to Bar

- Vertical hang from horizontal bar.
- Hips are fully extended.
- Heels break the vertical plane directly under the bar.
- Toes on both feet touch the bar simultaneously
- The contact point is within the width of the hands.

Scoring

- Score is the total number of wall walks completed plus the total number of bar gymnastics repetitions completed across all intervals.
- If an athlete does not complete the prescribed wall walks in a window, their score for that interval is wall walks only & they may still move on to the next interval
- Gymnastics reps completed after unfinished wall walks do not count.

Materials Required – PERFORMANCE DIVISION

- Pull-up bar
- Wall space suitable for wall walks
- Measuring tape and tape for wall walk start line
- Flat, non-slip workout surface

Tape Lines

Star line (2)

- One at 60 inches (for men) and one at 55 inches (for women) from the wall where the wall walks are to be performed.
- The distance refers to the edge closest to the wall.

10-inch line

- 10 inches from the wall where the wall walks are to be performed.
- The distance refers to the edge closest to the wall.

Workout 3 – FULL TILT – Judges Scoring Sheet – FITNESS DIVISION

Athlete	WW (5)	Max J-P-U	WW (7)	Max P-U	WW (8)	Max HKR	Score

0:00 – 2:00

- **5 Modified Wall Walks**
- **Max Jumping Pull-Ups**

Rest 1 minute

3:00 – 6:00

- **7 Modified Wall Walks**
- **Max Pull-Ups**

Rest 1 minute

7:00 – 11:00

- **8 Modified Wall Walks**
- **Max Hanging Knee Raises**

Tie Break: Number of Jumping Pull-Ups

TIE BREAK: _____

Movement Standards

Modified Wall Walk (shortened range)

- Hands start on the start line.
- Once both feet are off the ground, athlete must take both hands completely off the start line.
- Athlete will then place their hands back on the start line before lowering back to the ground.

Jumping Pull-Up

- Chin clears bar.
- Arms full extended at the bottom before jumping.

Hanging Knee Raises

- Vertical hang from horizontal bar.
- Hips are fully extended.
- Heels break the vertical plane directly under the bar
- Both knees break the transverse plane of the hips

Scoring

- Score = **total wall walks completed + total bar gymnastics reps.**

Materials Required – FITNESS DIVISION

- Pull-up rig
- Wall space
- Tape and measuring tape

Workout 3 – FULL TILT – Judges Scoring Sheet – FOUNDATIONS DIVISION

Athlete	IWW (4)	Max RR	WW (6)	Max RR	WW (8)	Max LR	Score

0:00 – 2:00

- 4 Box Wall Walks
- Max Ring Rows

Rest 1 minute

3:00 – 6:00

- 6 Box Wall Walks
- Max Ring Rows

Rest 1 minute

7:00 – 11:00

- 8 Box Wall Walks
- Max Leg Raises

Tie Break: Number of Ring Rows in R1

TIE BREAK TIME: _____

Movement Standards

Box Wall Walk

- Athlete walks feet up onto a box.
- Full body control required.

Ring Row

- Body remains rigid.
- Chest touches rings with each rep.

Leg Raises

- Laying on your back with legs fully extended
- Legs are raised until both feet break the transverse plane of the hips
- Rep is completed when both heels touch the floor

Scoring

- Score = **total Box wall walks + total ring rows.**

Materials Required - FOUNDATIONS DIVISION

- Gymnastic Rings or TRX
- Box or wall incline
- Flat workout surface

Workout 3.1 - LOCK & LOAD – Judges Scoring Sheet – PERFORMANCE DIVISION

Athlete	Option (A)	1RM C+J+Thruster (lbs)		Score (lbs)
Athlete	Option (B)	Max DB Clusters	Cluster Score (x2)	Score

Begins immediately at the 11:00 mark

Scored separately from Workout 3

Athletes must declare **Option A or Option B** prior to beginning Workout 3.

Only one option may be attempted.

Option A – Barbell Complex

4 minutes to establish a 1-rep max (lbs): Clean + Jerk + Thruster

All three movements must be completed **consecutively without dropping the barbell.**

OR

Option B – Dumbbell Option (Inclusive Division)

3-Minute AMRAP:

- Dumbbell Clusters (2 × 50/35 lb)

Score Equivalency:

- Each completed dumbbell cluster = **2 lb** toward final score.

Movement Standards

Clean

- Barbell moves from the floor to the front rack position in one continuous motion or with a catch in the squat or power position.
- Hips and knees fully extended at the top.

JerK

- Barbell moves from the shoulders to full lockout overhead.
- Arms, hips, and knees fully extended with bar over the midline.

Thruster

- Barbell starts in the front rack.
- Athlete completes a full squat with hips below knees and transitions directly into an overhead press.
- Full lockout required overhead.

Dumbbell Cluster

- Both dumbbells start on the floor.
- Athlete moves dumbbells from the floor to the front rack position with a catch in the full squat with hips below knees.
- Athlete drives dumbbells to full overhead extension in one continuous motion.
- Hips, knees, and arms fully extended at the top.
- Re-bending the knees is not allowed.

Materials Required – PERFORMANCE DIVISION

- Barbell and weight plates
- Two dumbbells (50/35 lb)
- Flat workout surface

Workout 3.1 – LOCK & LOAD – Judges Scoring Sheet – FITNESS DIVISION

Athlete	Option (A)	1RM C+J+Thruster (lbs)		Score (lbs)
Athlete	Option (B)	Max DB Clusters	Cluster Score (x2)	Score

Begins immediately at the 11:00 mark

Scored separately from Workout 3

Athletes must declare **Option A or Option B** prior to beginning Workout 3.

Only one option may be attempted.

Option A – Barbell Complex

4 minutes to establish a 1-rep max (lbs): Clean + Jerk + Thruster

All three movements must be completed **consecutively without dropping the barbell.**

Scoring: Heaviest successful attempt in pounds (lbs).

OR

Option B – Dumbbell Option

3-Minute AMRAP:

- Dumbbell Clusters (2 × 35/20 lb)

Score Equivalency:

- Each completed dumbbell cluster = **2 lb** toward final score.

FITNESS DIVISION

Movement Standards

Same as Performance.

Materials Required – FITNESS DIVISION

- Barbell and weight plates
- Two dumbbells (35/20 lb)
- Flat workout surface

Workout 3.1 – LOCK & LOAD – Judges Scoring Sheet – FOUNDATIONS DIVISION

Athlete	Option (B)	Max DB Clusters	Score

Begins immediately at the 11:00 mark

Scored separately from Workout 3

3-Minute AMRAP:

- Dumbbell Clusters (2 × 20/10 lb)

Scoring:

- Total completed dumbbell clusters

Materials Required – FOUNDATIONS DIVISION

- Two dumbbells (20/10 lb)
- Flat workout surface