

On Saturday, September 17 2011, from 9am-1pm, CrossFit AZO presents:

# FIGHT GONE BAD



*In this workout you move from each of five stations after a minute. This is a five-minute round from which a one-minute break is allowed before repeating. 3 rounds is standard, totaling 17 minutes. The stations are:*

**Wall-ball: 20 pound ball, 10 ft target. (Reps)**

**Sumo deadlift high-pull: 75 pounds (Reps)**

**Box Jump: 20" box (Reps)**

**Push-press: 75 pounds (Reps)**

**Row: calories (Calories)**

*(Scaling available on an as needed basis.)*

*The clock does not reset or stop between exercises. On call of "rotate," the athletes must move to the next station immediately for good score. One point is given for each rep, except on the rower where each calorie is one point.*

A Fund-raising Event for:

- **Special Operations Warrior Fund**
- **Camp Patriot**
- **Crossfit Kids: Preparing Kids For The Unexpected**

- **Come test your fitness against your fellow AZO athletes and other area CrossFitters.**
- **Open to AZO athletes, community CrossFitters, garage firebreathers, and the public!**
- **If you have never experienced CrossFit, seen a CrossFit workout, or competed in a CrossFit style event, this is for you!**
- **Come and support your family and friends as they compete in a CrossFit style event.**

**Timeline:**

8:30am - registration for un registered athletes  
9:00am - first **Fight Gone Bad** heat starts  
12:00pm - Best of the Best competition begins  
12:45pm - Award Ceremony

\*\*Healthy Snacks (Paleo/Zone friendly) and beverages provided throughout the morning.

**To register an athlete for the Throwdown:**

Space is limited so sign up for your time on your gym's sign-in sheet. Your gym will contact AZO with your registration.

Walk-ins are welcome and will be accommodated as best we can.

**Registration Fee:**

A \$15 donation will be requested for Athletes who would like to participate in the full workout this full donation goes to charity.

**Event Coordinator:**

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