



# FITNESS

REGIONAL THROWDOWN! REGIONAL THROWDOWN! REGIONAL TH

# BUNDESLIGA

25.04.2026

Mainz | CrossFit Zollhafen



# OUR TEAM



**ISA**



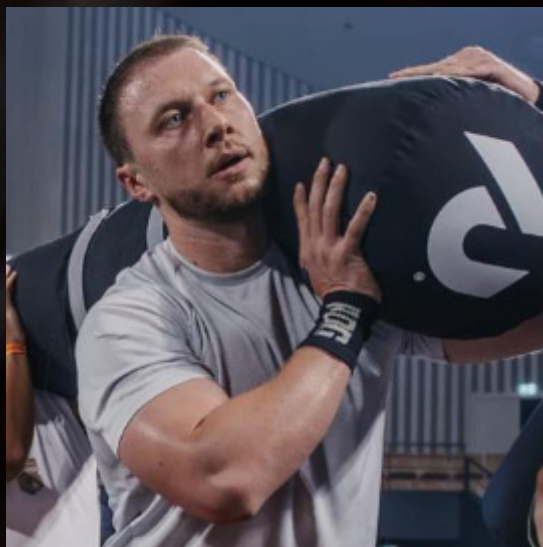
**SKYLAR**



**SOPHIA**



**JANNI**



**CARSTEN**



**LOTHAIN**



# TEST 1



For time:

24 synchro toes-to-bar  
(2 athletes work, 1 athlete rests)

24 synchro lateral burpees over plate  
(all 3 athletes work, staggered)

24 synchro toes-to-bar  
(2 athletes work, 1 athlete rests)

24 synchro lateral burpees over plate  
(all 3 athletes work, staggered)

48 toes-to-bar  
(only 1 athlete works at a time, switch as desired)

Time cap: 6 minutes



# TEST 2



For Time

30 Pull-ups

40 Synchro Single-Arm Kettlebell to  
Overhead

50 Devil Press

40 Synchro Single-Arm Kettlebell to  
Overhead

30 Bar Muscle-ups

Timecap: 15 min



# TEST 3



**Station 1 (5 min)**  
**Max squat clean – Pair I**  
**Rest: 1 min**

**Station 2 (5 min)**  
**Max squat snatch – Pair II**  
**Rest: 1 min**

**Station 3 (5 min)**  
**AMRAP: Synchro power clean & jerk (60/40 kg) – Pair III**



# TEST 4



**3 rounds:  
22 cal row  
(synchro, 2 athletes)**

**11 synchro thrusters  
(3 athletes)**

**Directly after that:**

**3 rounds:  
11 cal row  
(synchro, 2 athletes)**

**22 synchro thrusters  
(3 athletes)**



# REGIONALS

**CROSSFIT**  
40477



**Sa, 25.04. – CrossFit Zollhafen |  
Rheinallee 88/Gebäude 27, 55120 Mainz**



**14:45 – Check-in Athlets**

**15:15 – Athlete Briefing**

**15:35 – Warm-up / Floor open**

**16:00 – Streaming Start**

**16:10 – 1. Heat**

**19:00 – Competition End**