

INDUSTRIOUS

HALO

GAMES

2025

EVENT 1: CLEAN & JERK COMPLEX

(0:00-6:00)

Build to 1 Rep Max

1 Clean

1 Front Squat

1 Jerk

*Score is heaviest weight lifted

(6:00-8:00 Rest, set up and transition to Event 2)

EVENT 2: AMRAP CHIPPER

(8:00-20:00)

AMRAP 12 Minutes:

30 Calorie Run

30 Deadlifts Rx: 205/135#, Scaled/Masters: 135/95#

30 Pull ups Rx: Pull ups Scaled/Masters: Ring rows

30 Box Jumps or Step Ups (24/20")

30 Slushies Rx: 45/25#, Scaled/ Masters: 25/15#

Max Burpees to a plate

*Score is total reps

(20:00-24:00 Rest, set up and transition to Event 3)

EVENT 3: SPRINT FINISHER

(24:00-30:00)

For time:

500m Bike

500m Row

500m Bike

*Score is total time

Athlete name _____

Division

☐

Rx

☐

Scaled & Masters

Submit your
scores here

>>>



Attempt	Weight	Make/Miss
1	lbs	
2	lbs	
3	lbs	
4	lbs	
5	lbs	
6	lbs	

Score: Heaviest lift _____

Movement	Reps
30 Calorie Run	30
30 Deadlifts	60
30 Pull ups/Ring rows	90
30 Box jumps/step ups	120
30 Slushies	150
Max Burpee to bumper plate	

Score: Total reps _____

500m Bike	<input type="checkbox"/>
500m Row	<input type="checkbox"/>
500m Bike	Time across the finish line:

Score: Time _____

*Time across the finish line minus 24:00