

# INDUSTRIOUS

# HALO

# GAMES

## 2026

### EVENT 1: 1 Rep Max Clean

(0:00-7:00)

Build to 1 Rep Max Clean

\*Score is sum of heaviest weight lifted each

7:00-10:00 Rest, set up and transition to Event 2

### EVENT 2: STICK TOGETHER

(10:00-24:00)

For time:

10-9-8-7-6-5-4-3-2-1

Partner Deadlifts RX: 375/265#, Scaled: 265/185#

Partner WB Shots RX: 20/14# to 10', Scaled: 14# to 10' / 10# to 9'

Synchro Switch OTB Burpees

\*Score is total time to complete

\*14 minute time cap

24:00-28:00 Rest, set up and transition to Event 3

### EVENT 3: YOU-GO-I-GO

(28:00-42:00)

5 Rounds each partner:

10 Calorie Run

10 Pull ups RX: Pull ups, Scaled: Ring rows

10 Shoulder to overhead RX: 95/65#, Scaled: 65/55#

\*Score is total time to complete

\*14 minute time cap

42:00-44:00 Rest, set up and transition to Event 4

### EVENT 4: CARDIO KINGS & QUEENS

(44:00-50:00)

6-minute Max Calorie Row & Bike

1 person rows while the other bikes,  
switch every minute

2 scores: total row calories and total bike calories

Team Name \_\_\_\_\_

Division

 Rx

 Scaled

Submit your  
scores here



Teammate #1 Attempts (lbs)	Teammate #2 Attempts (lbs)

SCORE: Sum of both teammates' heaviest lifts \_\_\_\_\_ lbs

Movement	Reps (Cross off when completed)									
Deadlifts	10	9	8	7	6	5	4	3	2	1
WB Shots	10	9	8	7	6	5	4	3	2	1
Burpees	10	9	8	7	6	5	4	3	2	1

Time on the clock when final rep completed \_\_\_\_\_

SCORE: Time to complete \_\_\_\_\_

\*Time on the clock minus 10:00

If incomplete, total reps finished \_\_\_\_\_

TEAMMATE #1 (Check off when completed)	TEAMMATE #2 (Check off when completed)
Round 1	Round 1
Round 2	Round 2
Round 3	Round 3
Round 4	Round 4
Round 5	Round 5

Time on the clock final rep completed \_\_\_\_\_

SCORE: Time to complete \_\_\_\_\_

\*Time on the clock minus 28:00

If incomplete, total reps finished \_\_\_\_\_

Total Row Calories	
Total Bike Calories	