

SQUAT FOR GUATE

GUATEMALA

MISSIONS

2026

workout 1
"Santa Cecilia"

FEPRINTS.COM

BUY IN - 200 DU/SINGLES

INTO - 4 ROUNDS

12 T2B (KNEE RAISES)

12 DB BENCH PRESS

12 BURPEE BOX GET OVER

Time Cap - 12 mins

RX: 48/40", 50s/35s# SC: 40/30", 35s/20s#

Workout Flow

- * Teams may split all work however they choose.
- * Only one athlete may work at a time.
- * Athletes may switch at any point during any movement.
- * The buy-in must be completed before beginning Round 1.
- * Score is total time to complete all work or total reps completed at the time cap.

MOVEMENT STANDARDS

Double Unders / Single Unders

- * Rope must pass completely under the feet.
- * Double unders require two passes of the rope for every jump.
- * Athletes may switch at any time.
- * Total team reps must be accumulated before moving on.

Toes-to-Bar

- * Athlete begins from a full hang.
- * Both feet must contact the bar simultaneously.
- * Feet must clearly break the plane of the bar.

Knee Raises (Scaled)

- * Athlete begins from a full hang.
- * Knees must rise above hip crease.
- * Both knees must reach the required height simultaneously.

Dumbbell Bench Press

- * Athlete lies on bench with one dumbbell in each hand.
- * Both dumbbells must touch the shoulders at the bottom.
- * Arms must reach full lockout simultaneously at the top.
- * Hips and shoulders must remain in contact with the bench throughout the lift.
- * First Rep may start from the chest

Burpee Box Get Over

- * Athlete performs a burpee with chest and thighs touching the floor.
- * Athlete may step or jump up from the burpee.
- * Athletes may jump, step, or climb onto the box, both hands and one foot must touch top of box.
- * Athlete must get over the box and make contact with the ground on the opposite side.
- * Full extension on top of the box is not required.
- * Both feet must pass over the box.

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workout 2
"La Fragua"

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MINISTRIES

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9 Minute Window to complete 2 rds

15 Synchro Single Arm

DB Thrusters #50/35, 35/20

15 Cleans #185/125, 135/75

15 Synchro DB Snatch #50/35, 35/20

30 Wall Balls #20/14, #14/10

@ 9 minute mark, take 6 minutes
to find a max Clean & Jerk

RX: DB-50/35#, BB-185/125, WB-20/14
SC: DB-35/20#, BB-135/75, WB-14/10

Workout Flow

- * Teams must complete as much of Part A as possible within the 9-minute window.
- * If both rounds are completed before 9:00, remaining time is rest.
- * At exactly 9:00, athletes transition to their clean & jerk bars.
- * Each athlete establishes an individual max clean & jerk during the 6-minute lifting window.
- * Score A is total reps completed in Part A, Score B is total weights lifted in Part B.

MOVEMENT STANDARDS

Synchro Single-Arm Dumbbell Thruster

- * Dumbbell starts at shoulder.
- * Athlete performs a full squat with hip crease below knee.
- * Athlete stands and drives dumbbell overhead to full lockout.
- * Synchronization occurs at full overhead lockout.
- * Athletes may switch arms at any time.

Cleans

- * Any style clean is permitted (power, squat, split).
- * Barbell begins on floor.
- * Athlete must reach full extension with hips and knees locked out.
- * Elbows may be in front of the bar in the finish position.
- * Teams may divide reps however they choose.

Synchro Dumbbell Snatch

- * Dumbbell starts on floor.
- * Dumbbell must move from floor to overhead in one continuous motion.
- * No stopping at shoulder.
- * Athlete must finish with knees, hips, and elbow fully extended.
- * Synchronization occurs at full overhead lockout.

Wall Balls

- * Ball starts in front rack position.
- * Athlete must squat below parallel.
- * Ball must contact designated target.
- * Ball must be caught before beginning the next rep.
- * Teams may split reps as desired.
- * Athletes may squat clean into the first rep

Clean & Jerk

- * Any clean style and any jerk style permitted.
- * Bar must begin on floor.
- * Lift is complete when athlete demonstrates control with:
 - * Feet in line
 - * Hips extended
 - * Knees extended
 - * Elbows locked out
- * Athletes may take unlimited attempts during the 6-minute window.

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workout 3
"Julio Heron"

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MINISTRIES

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4 Rounds -
2:30 Working Window, :30 Rest

.3mi Run on Air Runner
80 ft Sandbag Bear Hug Carry
Max Sandbag Cleans in
Remaining Time

RX: Sand Bag - 100/80#

SC: D-Ball - 70/40#

Workout Flow

- * At the start of each round, teams complete the run.
- * After the run, teams complete the 80-foot sandbag carry.
- * Once the carry is complete, athletes perform as many sandbag cleans as possible until time expires.
- * At 2:30, all work stops.
- * Teams rest for :30 before the next round begins.
- * Total sandbag cleans accumulated across all four rounds determine the score.
- * Run and carry work may be divided however desired.

MOVEMENT STANDARDS

Air Runner

- * Total team distance of 0.3 miles must be completed each round.
- * Athletes may switch at any time.
- * Distance must be fully accumulated before moving to the carry.
- * Athletes may touch handles of air runner if needed.

Sandbag/DBall Bear Hug Carry

- * Sandbag must be carried in front of the body.
- * Sandbag may not be dragged, rolled, or carried on the shoulder.
- * If dropped, athlete must resume carry from point of release.
- * Total distance is 80 feet (40 feet down and 40 feet back).

Sandbag/DBall Clean

- * Sandbag begins on floor.
- * Athlete lifts sandbag from floor to shoulder.
- * Sandbag must clearly reach one shoulder with athlete standing tall and extending the arm not holding the sandbag.
- * Hips and knees must reach full extension before beginning the next rep.
- * Sandbag may be cleaned to either shoulder.
- * Teams may switch athletes at any time.