

FORMAT UPDATE

To ensure that the F45 Playoffs is the most innovative and challenging fitness test; we've made some minor changes to the format and scoring.

Please make yourself familiar with the below changes.

SCORING

As with previous years, each participant has 45 seconds to complete each station with a 15 second rest between each station.

This year we've updated the scoring system, we have benchmarked a score that is out of 1,000 points, however if a contestant exceeds the benchmark score then they may achieve a score greater than 1,000 points. Further, if a contestant achieves a score greater than 100 in a single station, this will go towards their total score.

STATION	MOVEMENT	TARGET REPS TO ACHIEVE 100 POINTS	POINTS PER REP
1	Concept 2 Rower	290 meters	2.9 meters per point
2	Bench Hops	95	1.0526315789
3	Push-up knee tuck - Rip 60	57	1.7543859649
4	Lateral Hops	130	0.7692307692
5	Box jump hand release burpee	20	5
6	Chin-ups	25	4
7	Barbell squat press	36	2.7777777777
8	Medicine ball Russian twist	87	1.1494252873
9	Dead ball pick up over the shoulder throw	27	3.7037037037
10	Shuttle sprint lateral hops	15	6.6666666666