How It Works

Welcome to the CrossFit Weekly Competition League! Here’s how you can participate and compete for the title of Grand Champion:

**1. Sign Up:**  
Register for the league to receive your unique competitor ID and weekly updates.

**2. Weekly Challenge:**  
Each week, a new workout challenge will be announced. Participants must record themselves completing as many reps as possible within 10 minutes.

**3. Record Your Workout:**  
Using your smartphone or camera, record your workout session clearly showing the exercise, your form, and the timer. Upload your video as instructed each week.

**4. Submit Your Reps:**  
Submit your completed reps count along with your video evidence through the designated platform by the weekly deadline.

**5. Weekly Winners:**

* The **Individual Weekly Champion** will be the person with the highest total reps in each state and overall.
* The **State Champion** is the top performer from each state for that week.

**6. Keep Track:**  
Your reps are added to your cumulative total over the 52 weeks.

**7. Grand Champion:**  
At the end of the year, the participant with the highest total reps wins the **Grand Champion** title!

**8. Celebrate & Repeat:**  
Weekly winners get recognition, and everyone continues to compete for personal improvement and bragging rights!