





OVERVIEW

Too Fit 2 Quit is an all-inclusive off season online Crossfit competition brought to you by the team at Two2Tango which allows female/female pairs, male/male pairs or mixed-gender pairs to compete together.

Grab your best gym bud or your Tango partner and team up for this fun online competition, it's going to be epic!

The competition lasts 5 weeks, and each team has 5 days to complete each workout and submit their score for the online leaderboard.

It's a really fun way to compete in an informal setting without having to leave the comforts of your gym.

There are multiple age groups and divisions for this online comp so you can choose the one most appropriate for you.

RX

Intermediate

Scaled

Beginners

Masters 35+, 40+, 45+, 50+, 55

Teens Under 15, Under 17, Under 19

Female/Male

Female/Female

Male/Male



Regardless of your current fitness level, there is a place for you in this competition!

Why not do an awesome on-line competition with a buddy? Only \$30 per team (\$15 each) for 5 weeks of fun but challenging workouts!

If you are also registered to Two2Tango you will receive 40% off, per team.

Before You Ask:

- Two 2 Tango is and will always be a Male/Female pair comp.
- There is no online comp to qualify for Two2Tango.
- Yes you compete in two different categories and/or division i.e:
Anna & Selena Intermediate for Female/Female
Selena & Hayden for Intermediate Male/Female
Hayden & Adam Intermediate Male/Male

Don't know what category to enter? If in doubt flick us a message or speak to your current coaches for guidance.

Why Too Fit To Quit?

- You asked/requested it and we are delivering!
- Many missed out on spots for Two2Tango 2019.
- Winter is here, motivation to train over the cold season.
- Build camaraderie with your training partner.
- Get a taste of what Two2Tango workouts are all about.
- Get a gauge on where you stand if you have registered for Two2Tango or any other partner comp.
- Build communication with your partner
- Its going to be fun, challenging and help you and your team with goal setting.



MOVEMENT STANDARDS

The movements standards are similar to both the CrossFit Open and Two2Tango - prepare for the unknown and knowable.

Please check the CrossFit Open & or the Two2Tango Previous Workouts to give you an idea or indication of what you might be up for.

In saying that, there will not be any surprise weights or new movements included in these workouts.

Movement Standards are quite simply the standards you are expected to maintain for each movement of a workout, specifically the range of motion, this ensures a level playing field for all competitors.

When each workout is released we will explain in detail what is required.



MARK YOUR CALENDARS

8 May 2019 registration opens

(Registration by RnT)

3rd Jun 1st WOD announced.

10th Jun 2rd WOD announced.

17th Jun 3rd WOD announced.

24th Jun 4th WOD announced.

1st July 5th WOD announced.

(Scoring by RnT)

Are you and your training partners signed up yet?