

EVENT 3



CLASSIC FINAL ADAPTIVES

"THE SPY WHO LOVED ME"

UPPER EXTREMITY

For Time

60-50-40-30-20-10 cal Ski Erg
30-25-20-15-10-5 KB Snatch

LOWER EXTREMITY

For Time

60-50-40-30-20-10 cal Ski Erg
30-25-20-15-10-5 KB Hang Snatch

NEUROMUSCULAR

For Time

60-50-40-30-20-10 cal Ski Erg
30-25-20-15-10-5 KB Snatch

SEATED W/ Hip

For Time

50-40-30-20-10-5 cal Ski Erg
25-20-15-10-5-5 DB Lap Snatch

NOTES

This event begins with the athlete on the start mat. At the sound of the beep, move to the skierg to begin the first set of work. After completing the requisite calories on the skierg, move to the weight to perform snatches. When complete, move the weight to the next section (closest to the finish button), then return to the skierg to continue the next round. Continue in this fashion for 6 rounds. After the last snatch is complete, move across the competition floor to the finish button. When the athlete pushes the finish button, time stops.

Weight / distance / reps adjusted to each athlete.