

EVENT 4



CLASSIC FINAL ADAPTIVES

"RAGING BULL"

UPPER EXTREMITY

For Time

50 Burpees
1000/800m Row

LOWER EXTREMITY

For Time

50 Burpees
1000/800m Row

NEUROMUSCULAR

For Time

40 Burpees
750/500m Row

SEATED W/ Hip

For Time

50 Knee Burpees
750/500m Row

NOTES

This event begins with the athlete on the start mat. At the sound of the beep, move to the floor section behind the rower to begin completing burpees. After completing the requisite number of burpees, move to the rower to perform the requisite number of meters. After completing all meters on the rower, 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.