

EVENT 5



CLASSIC FINAL ADAPTIVES

"RAD"

UPPER EXTREMITY

For Time

15-12-9-6 cal Echo Bike
 20m Sandbag Carry
 6-9-12-15 Sand Bag Squats
 20m Sandbag Carry

LOWER EXTREMITY

For Time

15-12-9-6 cal Echo Bike
 20m Sandbag Carry
 6-9-12-15 *Sand Bag Squats
 20m Sandbag Carry

NEUROMUSCULAR

For Time

15-12-9-6 cal Echo Bike
 20m Sandbag Carry
 6-9-12-15 *Sand Bag Squats
 20m Sandbag Carry

SEATED W/ Hip

For Time

10-8-6-4 cal Arms-Only Echo Bike
 20m Wheelie
 3-6-9-12 KB Side-to-Side Deadlifts
 20m Wheelie

NOTES

This event begins with the athlete on the start mat. At the sound of the beep, move to echo bike to begin completing the first set of calories. After completing the requisite number of calories, move to the sandbag and carry the bag 10m down and 10m back. After completing the 20m carry, perform all sandbag squats in the designated repetition area marked on the competition floor. Then complete another 20m (10m down and back) carry to finish the round. Return to the bike to start the next round of work. Continue in this fashion until the last carry 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.