

EVENT 6



CLASSIC FINAL ADAPTIVES

"THE POSTMAN ALWAYS RINGS TWICE"

UPPER EXTREMITY

2 Rounds

40 Double unders
25 DB Front Squats

2 Rounds

40 Double unders
25 Shoulder to Overhead

2 Rounds

40 Double unders
25 DB Thrusters

LOWER EXTREMITY

2 Rounds

50 Single unders
25 DB DLs

2 Rounds

50 Single unders
25 Shoulder to Overhead

2 Rounds

50 Single unders
25 DB Thrusters

NEUROMUSCULAR

2 Rounds

50 Single unders
25 DB DLs

2 Rounds

50 Single unders
25 Shoulder to Overhead

2 Rounds

50 Single unders
25 DB Thrusters

SEATED W/ Hip

2 Rounds

80 Multi Rope Swings
20 DB DLs

2 Rounds

80 Multi Rope Swings
20 Shoulder to Overhead

2 Rounds

80 Multi Rope Swings
20 DB Swing Presses

NOTES

This event begins with the athlete touching the wall. At the sound of the beep, move to jump rope to perform the first set of work. After completing the requisite number of repetitions, leave the jump rope behind the red line and move to the dumbbells to perform the requisite repetitions of the first movement.

After completing the repetitions, move the dumbbells to the designated repetition area marked on the competition floor. Return to the jump rope to start the next round of work. Continue in this fashion until the last dumbbell movement 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.