

EVENT 4



CLASSIC FINAL INDIVIDUAL

"RAGING BULL"

For time

50 burpees over the rower
1000/800m row

TC 8 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX + BENELUX + all age groups + Scaled

Meters male: 1000

Meters female: 800

NOTES

This workout begins with the athlete standing at the star/finish. After the call of "3,2,1 ... go," the athlete will move to the rower and perform 50 burpees over the rower, lateral to the machine. Upon completion of the burpees the athlete will sit down on the rower and perform 1000/800 meters. Upon completion of the 1000/800 meter the athlete leaves the rower to sprint to the start/finish. The athlete's score is the time when they reach the finish.

VIEWING REMARKS

The start and finish mat will be the same.