

EVENT 5



CLASSIC FINAL INDIVIDUAL

"RAD"

For time

15-12-9-6 cal echo bike

20m sandbag carry 70/45 kg

6-9-12-15 sandbag squats 70/45 kg

20m sandbag carry 70/45 kg

TC 6 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX + BENELUX + 35-39 + 40-44 + 16-17

Calories male: 15-12-9-6

Calories female: 12-10-8-6

Weight: 70/45 kg

45-49 + 50+ + Scaled

Calories same as above

Weight: 45/30 kg

NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will move to the echo bike and perform 15 calories. The athlete then picks up a sandbag and carries it 10 meters out - passing a line - and 10 meters back. Upon completion of the 20 meter carry the athlete performs 6 repetitions of a sandbag squat. The athlete then does another 20m carry (same 10 meter out and back) before returning to the echo bike. The athlete then performs 12 calories, a 20-meter carry, 9 squats and a 20-meter carry. Followed by 9 calories, a 20-meter carry, 12 squats and a 20-meter carry. And finally 6 calories, a 20-meter carry, 15 squats and a 20-meter carry. Upon completion of the final 20-meter carry the athlete sprints to the finish button. The athlete's score is the time when they reach the finish.

VIEWING REMARKS

The Echo Bike is placed in front of the start, facing the finish. In front of the bike is the area used for the sandbag squats. Each round the sandbag squats are performed on a different 'tile' moving from 6 to 9 to 12 to 15. The same sandbag is used for the carry. It'll be carried facing the finish for 10 meters, followed by a turn around - passing a line - and the second 10 meters are facing the start. Each 20 meters are done in this 10 meter out and back style.