

EVENT 6



CLASSIC FINAL INDIVIDUAL

"THE POSTMAN ALWAYS RINGS TWICE"

For time

2 rounds

40 double unders

25 dumbbell front squats 22,5/15^{kg} per hand

2 rounds

40 double unders

25 dumbbell shoulder to overhead 22,5/15^{kg} per hand

2 rounds

40 double unders

25 dumbbell thrusters 22,5/15^{kg} per hand

TC 11 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX + BENELUX + 35-39

Weight: 22,5/15 kg per hand

40-44 + 45-49 + 50+ + 16-17

Weight: 15/10 kg per hand

Scaled

Single unders instead of double unders

Weight: 15/10 kg per hand

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 their jump rope and start on two rounds of 40 double unders and 25 dumbbell front squats performed with a set of dumbbells. Upon completion the athlete performs two rounds of 40 double unders and 25 dumbbell shoulder to overhead and finally two rounds of 40 double unders and 25 dumbbell thrusters. Upon completion of the last thruster the athlete moves to the finish. The athlete's score is the time when they reach the finish.

VIEWING REMARKS

The athlete starts at the start mat and has the jump rope at a fixed spot right in front of the start - all double unders will be performed here. The progress is shown by the dumbbells moving through the lane. Two spots of 25 for the rounds of squats, two spots of 25 for the rounds shoulder to overhead and two spots of 25 for the rounds of thrusters. The athlete needs to **move the dumbbells forward at the end of each round**. After the last set of thrusters the athlete sprints to the finish button.