

EVENT 2



CrossFit SEMIFINAL EVENT

FRIDAY INDIVIDUAL

"INSIDIOUS"

For time

1200m air runner

3 rounds

12 axle bar deadlifts 121/89 kg

6m out and back handstand walk

1200m air runner

3 rounds

12 axle bar deadlifts 121/89 kg

6m out and back handstand walk

600m concept2 row

TC 22 minutes

NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will move towards the air runner and start on a 1200m run. Upon completion the athlete will move on and perform 3 rounds of a couplet of 12 axle bar deadlifts and a 6 meter out and back handstand walk. The athlete then moves back to the air runner for another 1200m run, followed by another 3 rounds of the same couplet before finishing the workout with 600 meters on the concept2 Rower. After the 600m is completed, the athlete moves to the finish mat for the workout to end. The athlete's score is the time when they cross the finish line.

VIEWING REMARKS

The air runner is set up, right in front of the rig. For the axle bar we have three spots for the sets of 12 repetitions to be performed. The athletes will roll the axle from one spot to the next at the end of a set. After completing the first three rounds of deadlifts and hs walk and before moving back the air runner for the second 1200m, the athlete has to roll the axle bar back to the first 12-rep spot. Upon completion of the second 1200m air runner and three rounds of the couplet the athlete moves forward passing the hs walk area where a rower is situated facing the finish. Here the athlete completes the 600m row before sprinting to the finish line.