

EVENT 6



SUNDAY INDIVIDUAL

CrossFit SEMIFINAL EVENT

"DIE HARD WITH A VENGEANCE"

For time

40/32 calorie echo bike
20/16 bar muscle-up
10 overhead squat 100/70^{kg}

TC 5 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 echo bike and start the chipper with 40 calories for the male and 32 calories for the female athlete. The athlete then moves to the rig and performs 20 bar muscle-ups as a male and 16 as a female. The athlete then progresses onto the barbell to perform 10 overhead squats and finishes the chipper with a sprint to the finish mat. The athlete's score is the time when they cross the finish line.

VIEWING REMARKS

The bike is placed in front of the rig, facing the finish. The bar muscle-ups are then done in the rig. The overhead squat is performed in the middle of the field (in between the bike and the finish) and the total of 10 repetitions need to be done at one specific spot counting for all 10 reps. After the last repetition the athletes will finish their competition with a sprint to the finish mat.