

EVENT 1



CLASSIC FINAL TEAMS

"APOLLO 13"

For time

50 sync chest to bar pull-ups
40 worm squats
30-meter handstand walk

TC 8 minutes

DIVISION SCALING ***WEIGHTS AND MEASUREMENTS***

RX & Intermediate

All movements as prescribed

NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," the athletes will move towards the pull-up bar and perform 50 synchronized chest to bar pull-ups, done by two athletes at the same time. Athletes can switch as often as they'd like to and the pairs can be formed and reformed by liking. Upon completion the athletes move to the worm and perform 40 squats with the object. After the last worm squat all athletes have to complete a 30-meter handstand walk. When the last athlete completes the handstand walk, the team sprints to the finish to end the workout. The team's score is the upon completion of all repetitions and reaching the finish line.

VIEWING REMARKS

The starting mat is located close to the rig. For the synchronized chest to bar pull-ups, two athletes work at the same time while the two others are resting / waiting for their turn on the start mat. Switching is allowed in any form. The worm has a fixed spot for all 40 reps, but the first 20 reps are performed on the right shoulder facing the finish and the second 20 reps on the left facing the start. The team drops the worm after 20 reps, turns around, picks it back up and continues for repetitions 21-40. Finally the handstand walk is performed over a course of 3x10 meters being 1. rig → finish, 2. finish → rig, 3. rig → finish. When all athletes make it through the handstand walk the team sprint to the finish line. The team's score is when it crosses the finish line.