

EVENT 3



CLASSIC FINAL TEAMS

"NOW YOU SEE ME"

4 rounds for time

1000m ski

15 synchro kettlebell snatch 32/24^{kg}

TC 18 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX & Intermediate

All movements as prescribed.

NOTES

This workout begins with the athletes standing at the start/finish mat. After the call of "3,2,1 ... go," the team moves to the ski-erg and performs 1000 meters. During the 1000 meters, members of the team can switch as desired. Upon completion of the 1000 meter, the team moves to the set of four kettlebells and performs 15 repetitions of a 4-person sync kettlebell snatch, all syncing on top. After the last kettlebell snatch is performed the team moves back to the ski-erg and repeat this process until a total of four rounds are completed. Upon completion of the last kettlebell snatch the team sprints to the start/finish to end the workout. The team's score is the time upon completion of all repetitions and reaching the finish.

VIEWING REMARKS

The start and finish mat will be the same. The ski-erg is furthest away from the start/finish. Non-working athletes wait at the start/finish. Once an athlete wants a switch, he or she can leave the ski-erg and run to the start/finish. The replacing athlete needs to be TAGGED at the start/finish before entering the lane. The kettlebells are in a fixed position in the lane. Athletes all work side by side, facing the same direction.