

EVENT 4



CLASSIC FINAL TEAMS

"FAST & FURIOUS"

4 rounds for time - Relay
20 burpees over the rower
300m row

TC 10 minutes

DIVISION SCALING ***WEIGHTS AND MEASUREMENTS***

RX & Intermediate
All movements as prescribed.

NOTES

This workout begins with the team standing at the start/finish mat. After the call of "3,2,1 ... go," the first athlete will move to the rower and perform 20 burpees over the rower, done lateral to the machine. Upon completion of the burpees the athlete will sit down on the rower and row 300 meters. Upon completion of the 300 meter the athlete leaves the rower to sprint to the start/finish mat. Once an athlete reaches the start/finish the next, awaiting, athlete needs to be tagged before entering the lane. The TAG indicates the start of the next athlete. The relay format continues until all four have completed the chipper. Upon the last athlete finishing the row and sprinting to the start/finish the workout ends. The fourth athlete of the team has to hit the finish button. The team's score is the time upon completion of the workout and the last athlete reaching the finish line.

VIEWING REMARKS

The start and finish mat will be the same. The rower is placed in good visibility, since the entire workout takes place around the machine. The non-working athletes remain at the start/finish.