

# EVENT 5



# CLASSIC FINAL TEAMS

## "SUICIDE SQUAD"

### For time

60 calorie echo bike  
30 synchro sandbag to shoulder 70/45 kg  
60 calorie echo bike

TC 7 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 team moves to their single echo bike and performs 60 calories divided as desired. Upon completion the team moves to the two sandbags and then a MM and a FF pair performs 30 synchronized sandbag to shoulder. The 30 synchronized repetitions have to be performed in two sets of 15, both performed in different pairings. When all 30 repetitions are completed the team moves back to the bike and performs another 60 calories before sprinting back to the start finish to end the workout. The team's score is the time when the athlete that finishes the bike portion reaches the start/finish.

## VIEWING REMARKS

The start and finish mat will be the same. The bike is placed on the opposite side of the lane. During both of the bike portions the non-working athletes await at the start/finish. Once an athlete of the team leaves the bike, the next athlete is allowed onto the field. The athlete coming off the bike has to be back at the start/finish before another switch may occur. The two sandbags of different weights are placed on the 'bike side' of the lane for the first 15 synchronized repetitions. Repetitions 16-30 are done on the 'finish side' of the lane. It's the athletes' responsibility to keep the sandbag in their lane. Outside the lane, the sandbag to shoulder doesn't count.