

EVENT 6



CLASSIC FINAL TEAMS

"MONEYBALL"

For time

4 round relay individual

75 double unders

25 dumbbell thrusters 22,5/15 kg per hand

2 round relay in pairs

30 synchro dumbbell front squats 22,5/15 kg per hand

30 synchro dumbbell alternating

shoulder to overhead 22,5/15 kg per hand

into full team

30 synchro burpees

TC 12 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 portion of the workout starts in which a chipper of 75 double unders and 25 dumbbell thrusters with a set of dumbbells is performed by each member of the team in a relay. Once all members have successfully completed this, the team moves on to the second portion of the workout in which a chipper of 30 synchronized dumbbell front squats and 30 synchronized dumbbell alternating shoulder to overhead is performed by two MF teams in a relay - both movements performed with a set of dumbbells. Once the two pairs have successfully completed this, the entire team moves on to the last part of the workout which is a set of 30 burpees done in sync by the full team of four. Upon completion of the burpees the athletes move to the start/finish and the workout ends. The team's score is the time when the team makes it to the finish.

VIEWING REMARKS

The start and finish mat will be the same. The athletes take their own rope from the start/finish to the other side of their lane once they start on their individual chipper. Upon completion of the double unders, they leave the rope. The dumbbells have a specific 25-rep spot for the individual relay and a specific 30-30-rep spot for the pair relay. The second female that finishes the individual relay moves the dumbbells to the first 30-rep spot at the **end of the round** and so does the second male.

Athletes face each other during the synchronized dumbbell exercises. An individual round during the first relay ends when an athlete returns to the start/finish and TAGs the next athlete before he/she enters the field. The same rule applies in the second segment of the workout where the finishing pair needs to TAG the next pair at the start/finish upon completion of their round. The burpees are performed at the same spot as the double unders with athletes side by side.