

# EVENT 3



CrossFit SEMIFINAL EVENT

# SATURDAY TEAMS

## "TREMORS"

### Team Interval

**3 minutes**

*50 sync chest to bar pull-ups*

*remainder: max reps worm "clean & jerk"*

**3 minutes**

*40 sync chest to bar pull-ups*

*remainder: max reps worm "clean & jerk"*

**3 minutes**

*20 sync bar muscle-ups*

*remainder: max reps worm "clean & jerk"*

## NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," the athletes will start in a 3-minute interval working their way through 50 synchronized chest to bar pull-ups performed in pairs. The formation of these pairs has no rules. Upon completion the entire team moves on to the worm and with the remainder of the 3-minute interval as many repetitions of the worm 'clean & jerk' are performed. At the end of the 3-minute interval the next interval starts and the format repeats with now 40 sync chest to bar pull-ups and the remainder for the worm 'clean & jerk'. Then there will be a final 3-minute interval that starts with 20 repetitions of the synchronized bar muscle-ups, the remainder for Whilworm 'clean & jerk'. The workout ends when the last 3-minute interval ends. The team's score will be the total amount of repetitions completed within these 9 minutes. The repetitions of the gymnastic movements and worm clean & jerks count for the score.

## VIEWING REMARKS

The starting mat for the workout is behind the rig. The athletes will perform synchronized chest to bar pull-ups in pairs, by being side by side on the same pull-up bar. Non-working athletes await on the starting mat. Athletes can switch anyhow. The minimum work requirement for each athlete on the pull-up bar is 1 rep for each interval. The start of the worm-segment is 3 meters away from the rig. The worm moves forward every 10 repetitions.