

EVENT 5



CrossFit SEMIFINAL EVENT

SUNDAY TEAMS

"SONIC"

Four part Chipper - individual Relay For time

15 strict handstand push-ups

30 single leg squats

15 burpee box jump overs 24/20^{inch}

30-meter handstand walk

TC 16 minutes

NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," the first athlete will move towards the handstand push-up wall and perform 15 repetitions. He or she then moves on to perform 30 alternating single leg squats, followed by 15 burpee box jump overs and finishes the chipper with a 30-meter handstand walk back to the start. Upon touching the starting mat, the next athlete goes through the same chipper and this format continues until all four have completed the chipper. When the fourth athlete touches the starting mat, the entire team sprints down their lane towards the finish mat. The team's score will be the time when they cross the finish line.

VIEWING REMARKS

The starting mat is behind the rig and is the location where all athletes start their chipper, but also finish their chipper. The handstand push-up wall is in the rig, the single leg squats are performed at approximately the middle of the lane and the burpee box jumps at the end, 3 meters before the finish mat. The handstand push-ups, single leg squats and burpee box jump overs are performed in the direction: start to finish mat. The handstand walk is performed as 'on the way back to the team' → upon completion of the BBJO, the athlete turns around and can start the handstand walk. The exact starting point is next to the box.

When the fourth person gets back to the team the finish is a sprint through the lane with the end being the finish mat.