

# EVENT 6



CrossFit SEMIFINAL EVENT

## SUNDAY TEAMS

## "MIDSOMMAR"

### For time

#### 2 rounds for time

450m air runner / 600m ski erg

30 sync kettlebell snatch 32/24<sup>kg</sup>

15 sync kettlebell overhead squat 32/24 kg

### TC 8 minutes

## NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," one MF pair moves to the air runner to perform 450 meters, while the other MF pair moves to the ski-erg to perform 600 meters. Within the pair the athletes need to complete the distance required and they are allowed to switch as often as they'd like to, where one athlete works and the other rests. Each athlete must have had their turn at least once on their movement. After both MF pairs have completed their required distance the team of 4 moves on to the synchronized kettlebell snatch. These need to be performed for 30 repetitions in 4-p sync. Upon completion the team moves to the overhead squats that need to be performed for 15 repetitions in 4-p sync. The athletes then move back to the start and complete a final round of this workout, with the change being that the MF pairs switch machines. After completing the final overhead squat in the 2nd round, the team sprints to the finish mat. The team's score will be the time when they cross the finish line.

## VIEWING REMARKS

The starting mat for the workout is behind the rig. The ski-erg and air runner are located a few meters in front of the rig facing the lane. Three meters in front of the air runner is a segment for 30 kettlebell snatches and the following 3-meter segment will be used for the 15 kettlebell overhead squats. During both the kettlebell snatch and the kettlebell overhead squat each athlete is in a corner of a designated segment and they will face each other. Upon completion of the first round, the athletes have to move the kettlebells 6 meters forward to the next marked spot for snatches before starting on their second round. Each athlete needs to move its own kettlebell. The finish mat is at the opposite side of the rig. With regard to the lanes, they are set up staggered for safety purposes.