

# Workout 2

CALIFORNIA AIR  
Pairs (RX Scorecard)

Presented by



Team Name: \_\_\_\_\_

## WORKOUT 2

Time Cap 7  
Minutes:

\_\_\_\_\_

4 ROUNDS FOR TIME:  
22 SKI CALS  
22 SANDBAG SQUATS

### EQUIPMENT:

Ski Erg  
Sandbags 50/40kg

X	Ski 11 Cals	Ski 11 Cals	Squats 11	Squats 11
<b>Round 1</b>	11	22	33	44
<b>Round 2</b>	55	66	77	88
<b>Round 3</b>	99	110	121	132
<b>Round 4</b>	143	154	165	176

Time or Total Reps at 7 Minutes \_\_\_\_\_

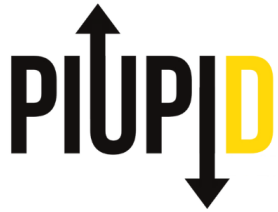
Team Captain Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.



# Workout 2

## CALIFORNIA AIR Pairs (RX Standards)

Presented by



### WORKOUT 2

Time Cap 7  
Minutes:

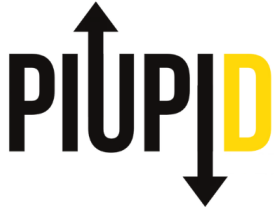
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4 ROUNDS FOR TIME:  
22 SKI CALS  
22 SANDBAG SQUATS

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- As a pair they will complete 22 Cals on the ski erg (**11 EACH**)
- Roll Over is allowed but once the first person has hit 11 cals they **MUST** stop pulling and pass the handles over
- The Ski Erg will be reset to 0 each round
- Once 22 Cals have been reached the pair can then advance to the Sand Bags
- The Sandbag Squats are 'You go I go' **BUT** you can **NOT** break the 11 Reps up, once an athlete has started their 11 Reps they **MUST** be completed before the partner completes theirs
- The Sandbag Squats **START** at full hip and knee extension with a **BEAR HUG GRIP**
- Hip crease must break parallel each rep and finish with **FULL** Hip and Knee extension
- Once all 22 Squats are completed the pair can return to the Ski Erg to start their next round
- Once all 4 rounds are complete your time will be taken once **BOTH** athletes have crossed the finish line
- If a pair are Time-Capped their score will be the number of Reps they completed
- ROLL OVER is allowed if time capped on the Ski Erg

### EQUIPMENT:

Ski Erg  
Sandbags 50/40kg



# Workout 2

CALIFORNIA AIR  
Pairs (SCALED Scorecard)

Presented by



Team Name: \_\_\_\_\_

## WORKOUT 2

Time Cap 7  
Minutes:

\_\_\_\_\_

4 ROUNDS FOR TIME:  
22 SKI CALS  
22 SANDBAG SQUATS

### EQUIPMENT:

Ski Erg  
Sandbags 30/20kg

X	Ski 11 Cals	Ski 11 Cals	Squats 11	Squats 11
<b>Round 1</b>	11	22	33	44
<b>Round 2</b>	55	66	77	88
<b>Round 3</b>	99	110	121	132
<b>Round 4</b>	143	154	165	176

**Time or Total Reps at 7 Minutes** \_\_\_\_\_

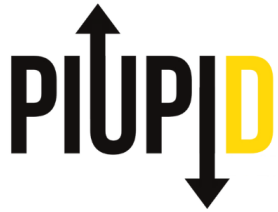
Team Captain Name: \_\_\_\_\_

Signed: \_\_\_\_\_

**Judges Name:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.



# Workout 2

## CALIFORNIA AIR Pairs (Scaled Standards)

Presented by



### WORKOUT 2

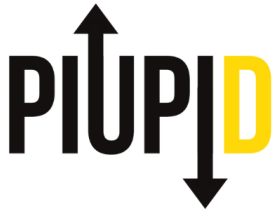
Time Cap 7  
Minutes:

4 ROUNDS FOR TIME:  
22 SKI CALS  
22 SANDBAG SQUATS

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- As a pair they will complete 22 Cals on the ski erg (**11 EACH**)
- Roll Over is allowed but once the first person has hit 11 cals they **MUST** stop pulling and pass the handles over
- The Ski Erg will be reset to 0 each round
- Once 22 Cals have been reached the pair can then advance to the Sand Bags
- The Sandbag Squats are 'You go I go' **BUT** you can **NOT** break the 11 Reps up, once an athlete has started their 11 Reps they **MUST** be completed before the partner completes theirs
- The Sandbag Squats **START** at full hip and knee extension with a **BEAR HUG GRIP**
- Hip crease must break parallel each rep and finish with **FULL** Hip and Knee extension (there is some allowance on depth for some athletes, however full extension of Hip and Knees are required, the allowance must not give a team a competitive advantage)
- Once all 22 Squats are completed the pair can return to the Ski Erg to start their next round
- Once all 4 rounds are complete your time will be taken once **BOTH** athletes have crossed the finish line
- If a pair are Time-Capped their score will be the number of Reps they completed
- ROLL OVER is allowed if Time Capped on the Ski Erg

### EQUIPMENT:

Ski Erg  
Sandbags 30/20kg



# Workout 2

CALIFORNIA AIR  
Teams (Scorecard)

Presented by



Team Name: \_\_\_\_\_

## WORKOUT 2

Time Cap 7  
Minutes:

\_\_\_\_\_

4 ROUNDS FOR TIME:  
44 SKI CALS  
44 SANDBAG SQUATS

### EQUIPMENT:

Ski Erg  
Sandbags 40/30kg

### SKI ERG TOTAL:

R1: 11, 22, 33, 44  
R2: 55, 66, 77, 88  
R3: 99, 110, 121, 132  
R4: 143, 154, 165, 176

X	Ski 22 Cals	Squats 22	Ski 22 Cals	Squats 22
<b>Round 1</b>	22	44	66	88
<b>Round 2</b>	110	132	154	176
<b>Round 3</b>	198	220	242	264
<b>Round 4</b>	286	308	330	352

**Time or Total Reps at 7 Minutes** \_\_\_\_\_

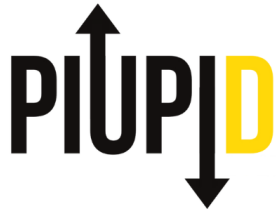
Team Captain Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.



# Workout 2

CALIFORNIA AIR  
Team (Standards)

Presented by



## WORKOUT 2

Time Cap 7  
Minutes:

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4 ROUNDS FOR TIME:  
44 SKI CALS  
44 SANDBAG SQUATS

### EQUIPMENT:

Ski Erg  
Sandbags 40/30kg

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- The team will break into 2 pairs and one pair will complete 22 Cals on the ski erg (**11 EACH**) whilst the other pair can complete their Sandbag Squats (**11 EACH**)
- Roll Over is allowed but once the first person has hit their 11 cals they **MUST** stop pulling and pass the handles over (*the same for person 2 at 22 Cals and 3 at 33 Cals ETC.*)
- The Ski Erg will **NOT** be reset to 0 each round
- Once the required calories have been reached the pair can then advance to the Sand Bags and the second pair have finished their Sandbag Squats can move to the Ski Erg to complete the round
- The Sandbag Squats are 'You go I go' **BUT** you can **NOT** break the 11 Reps up, once an athlete has started their 11 Reps they **MUST** be completed before the partner completes theirs
- The Sandbag Squats **START** at full hip and knee extension with a **BEAR HUG GRIP**
- Hip crease must break parallel each rep and finish with **FULL** Hip and Knee extension (*there is some allowance on depth for some athletes, however full extension of Hip and Knees are required, the allowance must not give a team a competitive advantage*)
- Once all 4 rounds are complete your time will be taken once **ALL** athletes have crossed the finish line
- If a Team are Time-Capped their score will be the number of Reps both pairs have completed
- ROLL OVER is allowed if Time Capped on the Ski Erg