

Presented by



Workout 4

INCOMING
Pairs (RX & SCALED Scorecard)

Team Name: _____

WORKOUT 4

TIME CAP 3 MINUTES:

8 - 6 - 4

Burpee

ALT. SA DB Snatch

EQUIPMENT:

Dumbbell

X	Athlete 1	Athlete 2
8 Burpees		
8 DB Snatch		
6 Burpees		
6 DB Snatch		
4 Burpees		
4 DB Snatch		

Time completed or reps at time cap: _____

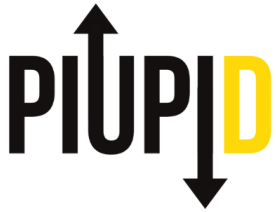
Team Captain Name: _____

Signed: _____

Judges Name: _____

Signed: _____

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



Workout 4

INCOMING
TEAM Scorecard

Presented by



Team Name: _____

WORKOUT 4

TIME CAP 3 MINUTES:

8 - 6 - 4

Sync Burpee

Worm Shoulder to Shoulder

EQUIPMENT:

Worm

X	Completed
8 Sync Burpees	
8 Shoulder to Shoulder	
6 Sync Burpees	
6 Shoulder to Shoulder	
4 Sync Burpees	
4 Shoulder to Shoulder	

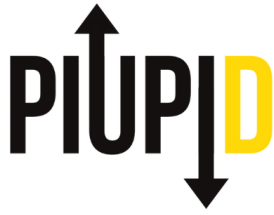
Team Captain Name: _____

Signed: _____

Judges Name: _____

Signed: _____

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



Workout 4

INCOMING

Pairs (RX & SCALED Standards)

Presented by



WORKOUT 4

TIME CAP 3 MINUTES:

8 - 6 - 4

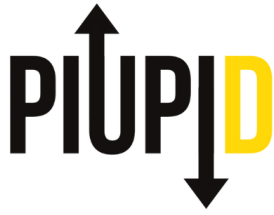
Burpee

ALT. SA DB Snatch

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- RX Weight 22.5/15kg, Scaled Weight 15/10kg
- The pair will make their way to the Dumbbells
- This workout is 'You Go, I Go' (pairs can choose which order they go in)
- Once Athlete 1 has finished their Burpees **AND** Alternate Single Arm DB Snatches, Athlete 2 will start their 8 reps of each movement
- Each Burpee must start with Chest and Thighs on the floor
- When jumping over the Dumbbell, Feet must **CLEARLY** pass **OVER** the Dumbbell each Rep
- The Athletes **MUST** alternate arms throughout this workout on the DB Snatch
- **BOTH** heads of the Dumbbell **MUST** touch the ground at the same time each rep and the rep is completed when the Dumbbell is overhead with the shoulder, elbow, hips and knees in a line and locked out **FULLY**
- Once **BOTH** Athletes have completed 8 Reps of each movement they will both carry their Dumbbells to the next section to complete the set of 6 (once completed they will then both move to the final section to complete the round of 4 Reps each)
- Once both Athletes have completed the round of 4 reps they will then cross the finish line for their time
- **TIME** is taken once the **LAST** Athlete in the pair crosses the finish line
- Athletes are not allowed out of any given section **UNTIL** both have completed the given workload

EQUIPMENT:

Dumbbell



Workout 4

INCOMING TEAM Standards

Presented by



TIME CAP 3 MINUTES:

8 - 6 - 4

Sync Burpee
Worm Shoulder to Shoulder

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- The Team will make their way to the worm
- They will then start to perform their Synchronised Burpees
- Each Burpee must start with Chest and Thighs on the floor THIS is the only part of the Synchronicity (whole team chest to floor), the jump does NOT have to be synchronised
- When jumping over the Worm, Feet must **CLEARLY** pass **OVER** the Worm each Rep (Athletes at either end of the worm need to pay particular attention here, failure to meet the standards will given a no rep)
- Once the Burpees have been completed, the Team will then perform the 8 shoulder to shoulder reps
- Once the Team have completed 8 Reps of each movement they will both carry their Worm to the next section to complete the set of 6 (once completed they will then move to the final section to complete the round of 4 Reps)
- Once the 4 reps of shoulder to shoulder have been completed the team can drop the worm and make their way to finish line
- TIME is taken once the LAST Athlete in the Team crosses the finish line

EQUIPMENT:

Worm