

EVENT 2: WORM UP!

For Time: 11 Mins Time Cap

10 Synchro Burpees over Worm

21 Worm Deadlift

50 ft Worm Alternating Overhead Lunges

10 Synchro Burpees over Worm

21 Worm Cleans

50 ft Worm Alternating Overhead Lunges

10 Synchro Burpees over Worm

21 Worm Shoulder to Overhead

100 ft Worm Alternating Overhead Lunges

WORM WEIGHT RX & SCALED

97 kg

SCALED TEAMS:

Worm Lunges instead of overhead lunges

NOTES:

- All 3 athletes must be performing all movements together
- Workout Starts with All 3 Athletes behind the designated line.
- After the call of "3,2,1...Go" the athletes will move to the worm to perform the first movement

EQUIPMENT

RX & Scaled

1 Worm

MOVEMENT STANDARDS

Burpees over Worm

- Lateral Burpees are allowed.
- Athletes can choose to jump from opposite side of the worm length to facilitate the movement
- Athletes may jump clearly over the worm with a two-foot take off.
- Touching the worm with any part of the body during the jump will be considered a No-Rep
- Athletes do not need to fully stand up during the jump
- The chest must clearly touch the floor.
- Synchronization of the movement is when all 3 athlete's chest touches the floor.
- When Athletes received a No-Rep they need to return to the previous position to repeat the movement. If the Team has already started the next rep this will also be counted as No Rep

Worm Deadlifts

- All 3 athletes must perform the movement together
- For the rep to be credited all three athletes must achieved full extension of hips and knees and shoulders are clearly behind the worm
- Worm must clearly touch the floor on its entire length at the beginning of each rep
- Reps can be singles or touch and go

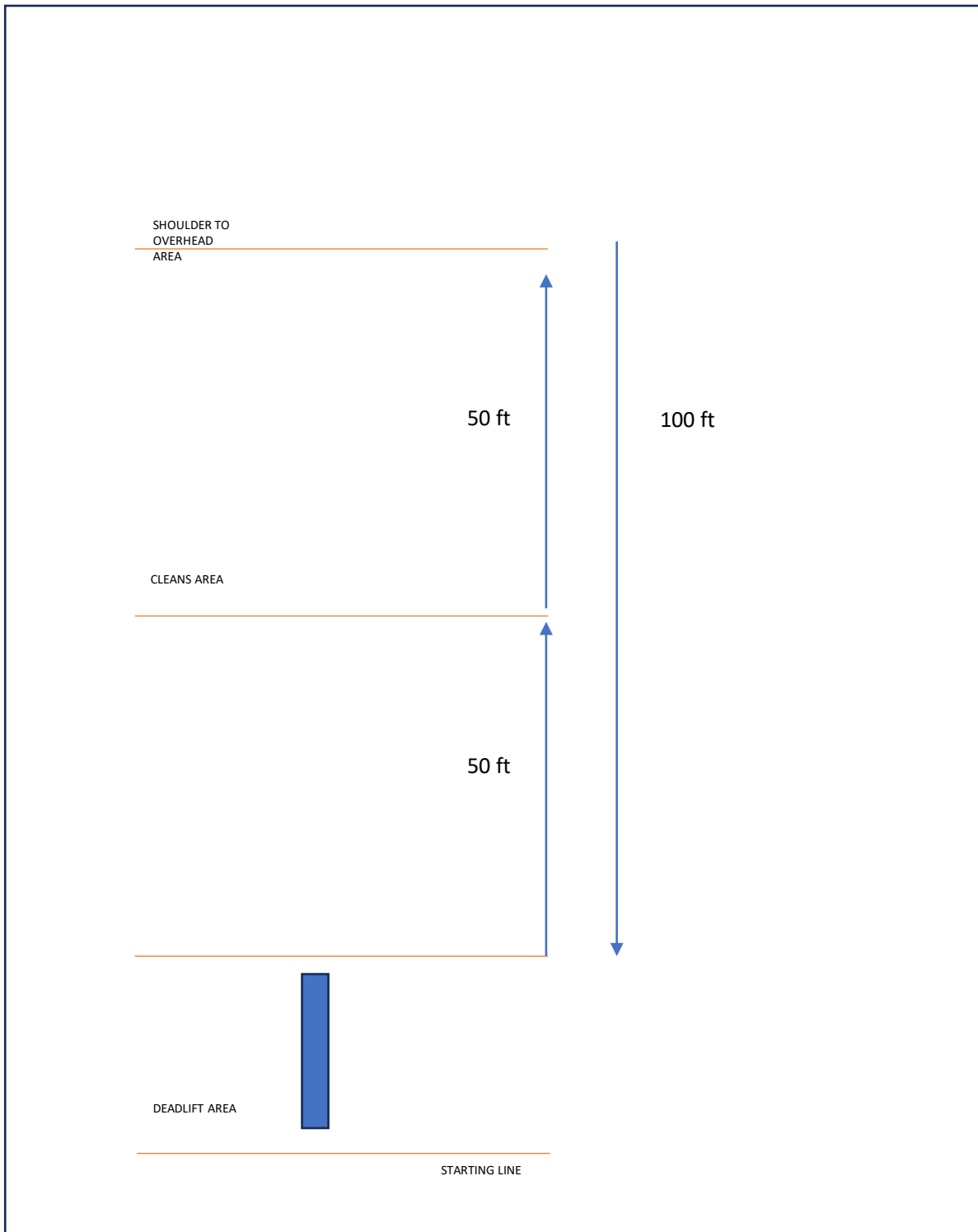
Worm Cleans

- All 3 athletes must perform the movement together
- For the rep to be credited all three athletes must achieved full extension of hips and knees and the worm resting in the shoulders of each athletes
- Worm must clearly touch the floor on its entire length at the beginning of each rep
- Reps can be singles or touch and go

Worm Lunges

- All 3 athletes must perform the movement together
- Movement start with the worm resting on the shoulders of the scaled athletes.
- RX Athletes will perform overhead lunges. Athletes must maintain an overhead position with worm over clearly above head at all times. Athletes can use both hands to hold the worm. No elbow lock is required.
- The knees of all 3 athletes must clearly touch the floor in each rep. failing to do so will require the athletes to drop the worm and perform a burpee over worm on the spot
- All 3 athletes must clearly cross the line of each station for the segment to be credited

FLOOR PLANS



SCORING CARD: EVENT 2

WORM WEIGHT RX & SCALED

97 kg

SCALED TEAMS:

Worm Lunges instead of overhead lunges

	SCORE
10 Burpees Over Worm	10
21 Dead lifts	31
50 ft Lunges	81
10 Burpees Over Worm	91
21 Cleans	122
50 ft Lunges	172
10 Burpees over Worm	182
21 Shoulder to overhead	203
100 ft Lunges	303
TOTAL TIME	

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100 ft Worm Alternating Overhead Lunges

TOTAL REPS IF TIME CAP: ____

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE: _____ TIME

TIE BREAK: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 2

TEAM NAME: _____ RX: ____ SCALED : ____ SCORE : _____ TIME

TIE BREAK: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____