

Presented by



# Workout 1

Teams

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

## WORKOUT 1

6 ROUNDS:

5 Burpee Over Worm  
10 Shoulder To Shoulder  
Into  
Max Clean & Jerk  
\_\_\_\_\_

Time Cap:

10 Minutes

Rounds	Reps	Markings/Total
Round 1	<b>5 / 10</b>	
Round 2	<b>5 / 10</b>	
Round 3	<b>5 / 10</b>	
Round 4	<b>5 / 10</b>	
Round 5	<b>5 / 10</b>	
Round 6	<b>5 / 10</b>	
Clean & Jerk Reps		

## EQUIPMENT:

Worm

**Total Rounds & Reps at 10 Minutes** \_\_\_\_\_

**Reps Of Clean & Jerk** \_\_\_\_\_

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

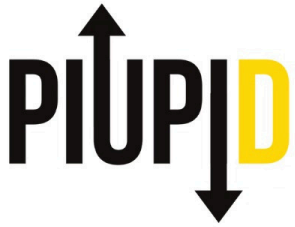
Signed: \_\_\_\_\_

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

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

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

IN SUPPORT OF **KSS**   
AIR AMBULANCE CHARITY  
KENT SURREY SUSSEX



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# Workout 1

## Teams

### WORKOUT 1

#### 6 ROUNDS:

5 Burpee Over Worm  
10 Shoulder To Shoulder  
Into  
Max Clean & Jerk

Time Cap:

10 Minutes

- Athletes are not allowed to touch the worm prior to the workout
- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Teams will make their way to the worm and proceed to complete 10 rounds starting with the Burpees
- The Burpees are synchro and the synchronicity is all athletes chest to floor at the same time
- Athletes do not need to jump over the worm, stepping is permitted, but the team will be given a NO REP for stepping around the worm, you all MUST step over part of the worm
- Teams must all be facing the same way on the worm during the shoulder to shoulder
- The worm has to make contact with the shoulders of the whole team to complete a rep
- The worm MUST travel over the teams heads and no member can duck under the worm, a clear team Jerk of the worm over the head is required
- Once the 6 Rounds are completed team will then move forward and complete Max Clean & Jerk with the worm
- Touch and Go is permitted
- The worm MUST be passed over the head and all athletes have contact with their shoulder before the worm is dropped
- If less than 6 Rounds are completed the score will be completed Rounds and Reps
- There are 15 Reps per round
- Score sheets must be signed by one of the Team

### EQUIPMENT:

Worm