

Workout 5

Teams



Team Name: _____

WORKOUT 5

FOR TIME:

TEAM Run Course
40 Synchro Sandbag Squats
30 Synchro Clean Sand bag
10 Synchro Carry

Time Cap: 12 Minutes

| Movement | COMPLETED |
|------------|-----------|
| Run | |
| 40 Squats | |
| 30 Cleans | |
| 10 Lengths | |

EQUIPMENT:

Sandbags 50/40/30/20
Rope/Band

Total Reps at 12 Minutes _____

Time _____

Team Captain Name: _____

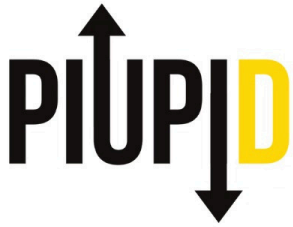
Signed: _____

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



Presented by



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Time Cap: 12 Minutes

- Teams will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Teams will run the course by exiting their lane, completing the outside course then back into their lane whilst holding the teams rope/band
- Teams will pick up sandbags and start with their Synchro Squats
- Athletes can wear weightlifting belts but the equipment CANNOT be resting on it
- Sandbag must be above hip level (bear hug is acceptable)
- All members MUST be below parallel AND stood with Knees and Hips locked out in synchro to complete a rep
- Once Squats are complete they will begin the Cleans
- The Cleans start with the bag on the floor and finish with the sandbag on the shoulder with the opposite arm extended out to show control
- The Synchronicity is at the top with the arm extended
- Cleans can be completed touch and go
- Once Cleans are completed teams will all cross the start line to start their Sandbag Carries
- All of the team MUST cross each line at each end of the lane
- Once the lengths have been completed teams will run to cross the finish line to complete their time (the last athlete across the line will be your teams score)
- Teams can change sandbag order as many times as they like
- If Team is time capped the score will be completed reps
- There are 81 Reps
- Score sheets must be signed by one of the Team

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Rope/Band