

"THELMA & LOUISE"

FOR TIME:

25/20 CAL BIKE (ATHLETE 1)
40 SANDBAG BEAR HUG SQUATS
20 SANDBAG CLEAN-TO-SHOULDER
100 DOUBLE UNDERS
20 WORM CLEAN + JERKS
40 WORM SQUATS
25/20 CAL BIKE (ATHLETE 2)
TIME CAP: 15:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: SANDBAG - 150LBS/100LBS | WORM - 200LBS/150LBS
RX MASTERS: SANDBAG - 100LBS/75LBS | WORM - 150LBS/100LBS
INTERMEDIATE: SANDBAG - 100LBS/75LBS | WORM - 150LBS/100LBS
NOVICE: SANDBAG - 75LBS/50LBS | WORM - 100LBS/70LBS | 150 SINGLE UNDERS
NOVICE MASTERS: SANDBAG - 75LBS/50LBS | WORM - 100LBS/70LBS | 150 SINGLE UNDERS

FLOW

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athlete 1 will move to the Echo Bike and complete 25/20 Calories. Once Athlete 1 completes the bike calories, both athletes will move to the Sandbag and complete 40 Sandbag Squats. These reps can be split between partners in any way the team wants. Once the Sandbag Squats are complete, both athletes will complete 20 Sandbag Clean-to-Shoulder. These reps can be split between partners in any way the team wants. Once the Sandbag Clean-to-Shoulder are complete, both athletes will move the sandbag to the starting area and pick up their jump ropes and bring them to the competition floor and complete 100 Double Unders/150 Single Under. These reps can be split between partners in any way the team wants.. Once the skipping is complete, both athletes will move their jump ropes and sandbag back to the starting area and head to the Worm to complete 20 Worm Clean + Jerks. Once the Worm Clean + Jerks are complete, both athletes will complete 40 Worm Squats. Once the Worm Squats are complete, Athlete 2 will move to the Echo Bike and complete 25/20 Calories.

Time will be called when both athletes are back on the starting mat. If a team does not complete the reps under the given time cap, the score will be the time cap plus the reps not completed within the time cap.

GENERAL/EQUIPMENT STANDARDS

- Athlete cannot start on the Echo Bike.
- Athlete 1 MUST complete all the calories on the first Echo Bike. Athlete 2 MUST complete all the calories on the second Echo Bike. These are NOT shared reps.
- Jump Ropes are to stay beside the starting mat until you need them.
- When switching athletes during the Sandbag work, handing off is NOT permitted. The sandbag MUST be dropped to switch partners.
- After the last Sandbag Clean-to-Shoulder is complete, the Sandbag MUST be brought back to the starting area before performing the skipping.
- When you complete your skipping, jump ropes MUST be brought back to the starting mat before moving to the Worm.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

ECHO BIKE (ALL DIVISIONS)

The athletes may adjust the seat but are not to touch the monitor at any time and must remain on the seat until the required calories are completed. The monitor will be reset by the judge between rounds.

SANDBAG BEAR HUG SQUATS (ALL DIVISIONS)

The acceptable hold position will be with the Sandbag placed entirely on the front of the body between the athlete's chin and thighs. The Bag will be supported with the lifter's arms only in a "bear hug" position. The athlete's hands and arms can be positioned anywhere they would like on/around the bag. Interlocking of fingers, arms, wrists is permitted. Holding the bag from the bottom is permitted. Holding the bag vertically or horizontally is permitted. As soon as the Bag is no longer in the approved hold position at any time during the squats, the rep will not be credited. Each time the athlete picks up the sandbag, the athlete must start in a fully standing locked out position with the bag in the bear hug position before starting the first squat rep. A sandbag squat clean is not permitted. During the Sandbag Bear Hug Squat, the crease of the athlete's hip must be clearly below the top of the knees at the bottom. The sandbag MUST remain in the bear hug position. The athletes' elbows or arms may come in contact with the legs as long as there is no visible "push off" with the arms to assist in the ascend of the squat. The rep is credited when the athlete returns to a fully locked out standing position. Handing off the Sandbag is not permitted, you must drop the sandbag if you choose to change the working athlete.

SANDBAG CLEAN-TO-SHOULDER (ALL DIVISIONS)

The sandbag starts on the ground and must be lifted to the shoulder. With the sandbag at the shoulder, the hips and knees must reach full extension and the athlete must be in full control of the sandbag. The rep is credited when the middle of the sandbag is resting on the shoulder, hip and knees are in full extension and the opposite arm of the athlete is fully extended out to the side of their body. A Sandbag Power Clean is permitted but must be stood up to the final position for the rep to be credited. Touch and go reps are permitted as long as the bag clearly touches the floor before the next rep.

DOUBLE UNDERS (RX & INTERMEDIATE DIVISIONS)

The rope passes under the feet twice for each jump. A two foot jump is required. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE UNDERS (NOVICE DIVISIONS)

The rope passes under the feet once for each jump. A two foot jump is required. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

WORM CLEAN & JERKS (ALL DIVISIONS)

Each rep begins with the worm on the floor. Athletes must lift the worm to the shoulder in one smooth motion. The worm must be resting on the shoulder of both athletes at the same time before the jerk portion begins. Each rep of the jerk begins with the worm on the shoulders and finishes with the worm resting on the opposite shoulder. The worm must be moved to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count. The worm must then go to the floor and be touching the floor simultaneously before starting the next rep. Touch and go reps are permitted.

WORM SQUATS (ALL DIVISIONS)

Each rep starts with both athletes on the same side of the Worm, with the Worm resting on their shoulders. At the bottom of the squat, each athlete's hip crease must clearly pass below the top the knees at the same time and both athletes must return to a full standing locked out position before starting the next rep. The synchro portion of this movement is at the bottom of the squat.