

EVENT 5 - THE PRICE IS WRONG B*!

"THE PRICE IS WRONG B*!"

FOR TIME:

40/30 CALORIE ECHO BIKE

30 HANDSTAND PUSH UPS

40/30 CALORIE ROW

15 WALL WALKS

40/30 CALORIE ECHO BIKE

15 WALL WALKS

40/30 CALORIE ROW

30 HANDSTAND PUSH UPS

40/30 CALORIE ECHO BIKE

*REPS CAN BE SHARED AT YOUR TEAM'S DISCRETION

TIME CAP - 20:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: HANDSTAND PUSH UPS | WALL WALKS

INTERMEDIATE: 20 HANDSTAND PUSH UPS W/ ABMAT | 10 WALL WALKS

NOVICE/NOVICE MASTERS: HAND RELEASE PUSH UPS | WALL WALKS TO 30" LINE

FLOW

This workout begins with athletes standing at the wall. At the call of 3,2,1, GO!... Athletes will move to the Echo Bike and complete 40/30 Calories. Once the calories are complete, both athletes will move to the wall to perform 30 Handstand Push Ups (Intermediate Divisions - 20 Handstand Push Ups with an AbMat/Novice Divisions - Hand Release Push Ups). Once the Handstand Push Ups are complete, both athletes will move to the Rower and complete 40/30 calories. Once the calories are complete, both athletes will move back to the wall to perform 15 Wall Walks (Intermediate Divisions - 10 Wall Walks/Novice Divisions - Wall Walks to 30" Line). Once the Wall Walks are complete, both athletes will move to the Echo Bike to complete 40/30 Calories. Once the calories are complete the team will work in reverse working their way back up with 15 Wall Walks (Intermediate Divisions - 10 Wall Walks/Novice Divisions - Wall Walks to 30" Line), 40/30 Calories on the Rower, 30 Handstand Push Ups (Intermediate Divisions - 20 Handstand Push Ups with an AbMat/Novice Divisions - Hand Release Push Ups) and end the workout with 40/30 Calories on the Echo Bike.

The reps for this workout can be shared at your team's discretion. All reps must be completed per movement before moving on to the next movement.

Time will be called when both athletes cross the pull up bars on the pull up rig. 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. Score is the TOTAL time of the workout.

GENERAL/EQUIPMENT STANDARDS

- Accessory Judge will be in charge of resetting the machine back to 0 calories.
- Accessory Judge will be in charge of taking away and replacing the Handstand Push Up Mat or AbMat during the workout.
- Athlete must remain on the seat of the bike and the rower until the 40/30 calorie number is on the screen.
- A tag to your partner is required when changing movements. A tag is not required when switching within the reps of the movement being completed.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

2025

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.

ROW (ALL DIVISIONS)

The monitor on the rower must be set to zero calories at the beginning of each row. The judge will be in charge of starting and resetting the screen. The athlete must stay seated on the rower until the monitor reads the required amount of calories. The handle of the rower must be placed back into the rack before moving to the next movement.

HANDSTAND PUSH-UPS (RX & INTERMEDIATE DIVISIONS)

Each rep begins and ends in the lockout position with both hands touching the tape line. Any portion of the hands may be touching the line (fingers OK). Heels against the wall and both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending. At the bottom, the head must make contact with the ground. The head does NOT need to touch the tape line. Each rep is credited when the athlete returns to the lockout position with heels on the wall and arms, hips, and legs fully extended. Shoulders in line with the body.

HAND RELEASE PUSH-UPS (NOVICE DIVISIONS)

Scaled athletes may perform hand-release push-ups instead of handstand push-ups. Elbows must be locked out with the feet no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees.

WALL WALKS (RX & INTERMEDIATE DIVISIONS)

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is OK). Both hands must remain on the tape until both feet are on the wall. At the top of the movement, both hands must be on the 10-inch line before the athlete may descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.

WALL WALKS (NOVICE DIVISIONS)

Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is OK). Both hands must remain on the tape until both feet are on the wall. At the top of the movement, both hands must be on the 30-inch line before the athlete may descend. Any part of the hand may touch the tape line. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground. Any part of the hand may make contact with the tape line.

