

“LUMBRICINA”

FOR TIME:

20 WORM SQUATS
10 TEAM HANDSTAND PUSH UPS
20 WORM THRUSTERS
10 TEAM HANDSTAND PUSH UPS
20 WORM HANG CLEAN + JERKS
10 SYNCHRO WORM LATERAL BURPEES
20 WORM CLEAN + JERKS
10 TEAM HANDSTAND PUSH UPS
20 WORM THRUSTERS
10 TEAM HANDSTAND PUSH UPS
20 WORM SQUATS

TIME CAP - 15:00

NOVICE/NOVICE MASTERS: 100lbs/70lbs

INTERMEDIATE/RX MASTERS: 150lbs/100lbs

RX: 200lbs/150lbs

FLOW

Teams will be standing on the starting mat. At the call of 3,2,1, GO!... the team will move to the worm and begin performing 20 Worm Squats. Upon completion of the Worm Squats, the team will drop the worm and move to the wall. The team will complete 10 Team Handstand Push Ups. Upon completion of the Push Ups, the team will move back to the Worm and perform 20 Worm Thrusters. The team will drop the Worm and return to the wall for another 10 reps of the Handstand Push Ups. Upon completion of the Push Ups, the team will move back to the Worm and perform 20 Worm Hang Clean + Jerks. The team will drop the Worm and perform 10 Synchro Worm Lateral Burpees. Once the burpees are complete, the team will work their way back up the movements. 20 Worm Hang Clean + Jerks, 10 Team Handstand Push Ups, 20 Worm Thrusters, 10 Team Handstand Push Ups and end with 20 Worm Squats.

Time will be called when both athletes are back on the starting mat.

If teams do not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the team a timed score.

GENERAL/EQUIPMENT STANDARDS

- The Worm must remain on the side of the tape line away from the wall. If the Worm touches the line at any time the Worm must be moved back in front of the tape line before any more reps are attempted.
- Handstand Push Up Mats will stay against the wall.
- AbMats for the Intermediate Division can be moved specific to each athlete.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

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.

WORM THRUSTERS (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 portion, each athletes' hip crease must clearly pass below the top the knees at the same time. At the top, each athletes' hips and knees must remain fully extended as the Worm is lifted over the athletes' heads and moved to their opposite shoulder. The arms do not need to reach full extension as the Worm is moved overhead. Teams will be required to have a smooth transition from the squat to the overhead movement just like the regular barbell Thruster. The synchro portion of this movement is at the bottom of the squat. Teams have the option of absorbing into the next rep from the overhead position or Teams may rest on the shoulders first after the overhead movement, before moving to the next Thruster rep. A Squat Clean into the first rep is permitted.

WORM HANG CLEAN + JERKS (ALL DIVISIONS)

Each rep begins with the Worm on the floor. Both athletes must deadlift the Worm to a full standing position. Once both athletes clearly show full extension on the deadlift, the Worm can now be moved to the hang position and then first rep can begin. Both athletes must lift the Worm to the shoulder in one smooth motion from the hang position. 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 by both athletes to the opposite shoulder at the same time and must be in contact with the shoulder simultaneously for the rep to count. The Worm then must return to the hang position simultaneously before starting the next rep. If the Worm is dropped at anytime during the set, both athletes must deadlift the Worm to a full standing position. Once both athletes clearly show full extension on the deadlift, the Worm can now be moved to the hang position and then next rep can begin. When cycling reps, the bag must clearly come in contact with any part of the thighs for it to be considered the hang position.

WORM BURPEES (ALL DIVISIONS)

The Worm Burpee starts with both athletes on opposite sides of the worm. Both athletes are facing the same direction. Each athletes' chest and thighs must touch the ground at the same time. When jumping over the Worm, for the RX and INTERMEDIATE DIVISIONS, both athletes MUST clearly jump over the Worm. Both feet must be off the ground as the athletes' pass over the Worm. Stepping over is NOT permitted. The athletes' do NOT need to use a two-foot takeoff. NOVICE DIVISIONS may step over the Worm. Touching the Worm on the jump or step-over is a "no rep." The rep is credited when both feet of each athlete have touched the ground on the opposite side of the Worm. There is no requirement to land with both feet at the same time.

TEAM HANDSTAND PUSH UPS (RX & INTERMEDIATE)

Each rep begins with both athletes upside down on the wall with arms locked out, heels in contact with the wall, hips open, and hands plus fingers within the tape lines and fully on the mat provided. Tape lines will be measured at 40" apart and mats will have a distance of 24" from the wall, bottom of palms must remain on the mat as well. Only the heels may be touching the wall at the start and finish of each rep. The rep is credited upon return to the starting position. At the bottom, the head must make contact with the ground (or AbMat for Intermediate Division). The feet do not need to remain in contact with the wall for the duration of the movement, but the heels must be in contact with the wall at the beginning and end of each rep. Strict or Kipping is allowed.

As one partner starts their first rep, partner two must remain in the locked out position upside down on the wall. When partner one completes the rep and returns to a upside down locked out position with only the heels touching the wall, then and only then, partner two can begin their rep. Follow this same format until all reps are completed. The amount of reps is TOTAL REPS and not REPS PER ATHLETE. If any athlete comes down off of the wall before their partner completes their rep, it will count as a NO REP and the athlete on that current rep, must complete the rep before switching. If any athletes kick down from the wall, the other athlete has the choice of either kicking down as well, or stay on the wall until their partner returns. Both athletes must return back to the locked out position before starting the next rep.

TEAM HAND RELEASE PUSH UPS (NOVICE)

Each rep begins with both athletes in the plank position on the floor with arms and legs 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. The chest (nipple line or above) must touch the floor. Then the hands must be lifted completely off the ground. The rep is credited upon return to the starting position.

As one partner starts their first rep, partner two must remain in the locked out planks position on the floor. When partner one completes the rep and returns to a full locked out plank position, then and only then, partner two can begin their rep. Follow this same format until all reps are completed. The amount of reps is TOTAL REPS and not REPS PER ATHLETE. If any athlete breaks the plank before their partner completes their rep, it will count as a NO REP and the athlete on that current rep, must complete the rep before switching. If any athletes breaks the plank, the other athlete has the choice of either breaking as well, or stay in the plank position until their partner returns. Both athletes must return back to the locked out position before starting the next rep.

