



# WOD BB19.3 TEAM

BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 13th May 2019 (0h00)

To Monday 20th May 2019 (23h59)

Presented by :



## WORKOUT 19.3 - Team

AMRAP 10 min

00:00 → 10 00

Max Calories Assault Airbike

**19.3 "THE QUALIFIER" PERMITS DIRECT QUALIFICATION FOR THE FINAL #BB2K19, 17TH AUGUST UNDER THE FOLLOWING CONDITIONS:**

### VARIATIONS

#### Team

Team auto selection in final if sup. to : 195 Cal

### NOTES

This event begins with one of the team's athletes sitting on the AirBike.

The timer was previously set to "Target Time" 10 min. At the beep, the athlete presses the start button and starts his workout.

During the 10 minutes, the athletes can only relay one time in a window of 20 seconds between 4 minutes and 50 seconds (04:50) and 5 minutes and 20 seconds (05:10). Each additional second will be deducted from the final score.

In all cases, the relays are made only on the same bike.

The team's score is the total number of calories achieved in 10 minutes.

There is no tiebreak for this workout.

### EQUIPMENT

- 1 The Assault Fitness "Classic Assault Bike" must be used for this workout.

Scores made on bikes that are not classic assault airbike will not be validated

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout,

Before starting the WOD each athlete must film himself, introduce himself (name, first name) and set the Assault Bike on "target time": 10 minutes and show the monitor at the beginning and at the end of the 10 minutes.

Clock or timer with the running workout time should be clearly visible throughout the entire workout. The monitor of the bike should also be clearly visible throughout the entire workout.

Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Be careful when recording your video, music can block the loading on Internet. You can use the platform of our partner <http://wodproofapp.com/>



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SCORE	AAB Calories TEAM
For Time Partner 1 0-5 minutes	
For Time Partner 2 5-10 minutes	

Total Cal. \_\_\_\_\_

*The team's score is the total number of calories achieved in 10 minutes.*

DIVISION	RX	SCALED	TEAM H/F	MASTERS [35+]	MASTERS [45+]
Athlete Name					
Athlete Signature					
Judge Name					
Judge Signature					



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## MOVEMENT STANDARDS

### ASSAULT BIKE

The Assault Fitness "Classic Assault Bike" must be used for this workout.

Before leaving for the WOD the athlete must set the Assault Bike on "target time": 10 minutes and show the monitor at the beginning and at the end of the 10 minutes.

The athletes may have assistance to set the monitor. During the 10 minutes, the athletes can only relay one time, on a window of 20 seconds between 4:50 and 5:10.

Each additional second will be deducted from the final score.

This relay must be performed on the same bike, without stopping the recording of the video.

The totality of the WOD a chrono will have to be visible on the video.

