



WOD BB19.3

BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 13th May 2019 (0h00)

To Monday 20th May 2019 (23h59)

Presented by :



WORKOUT 19.3 - Individual

AMRAP 5 min

00:00 → 05:00

Max Calories Assault Airbike

19.3 "THE QUALIFIER" PERMITS DIRECT QUALIFICATION FOR THE FINAL #BB2K19, 17TH OR 18TH AUGUST UNDER THE FOLLOWING CONDITIONS:

VARIATIONS

RX'd / Scaled / Masters 35+ & 45+:

Men auto selection in final if sup. to :115 Cal

Women auto selection in final if sup. to :80 Cal

NOTES

This event begins with the athlete sitting on the AirBike.

The timer was previously set to "Target Time" 5 min. At the beep, the athlete presses the start button and starts his workout.

The score is the total number of calories achieved in 5 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 athlete must film himself, introduce himself (name, first name) and set the Assault Bike on "target time": 5 minutes and show the monitor at the beginning and at the end of the 5 minutes.

Your judge and a 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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SCORSCARD (ALL)

WORKOUT 19.3 - Individual

For Time 5 min

00:00 → 05:00

Max Calories Assault Airbike

19.3 "THE QUALIFIER" PERMITS DIRECT QUALIFICATION FOR THE FINAL #BB2K19, 17TH OR 18TH AUGUST UNDER THE FOLLOWING CONDITIONS:

SCORE	AAB Calories INDIVIDUAL
For Time 5 minutes	

VARIATIONS

RX'd / Scaled / Masters 35+ & 45+:

Total Cal. _____

Men auto selection in final if sup. to :115 Cal

Women auto selection in final if sup. to :80 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 film himself, introduce himself (name, first name) and set the Assault Bike on "target time": 5 minutes and show the monitor at the beginning and at the end of the 5 minutes.

The athlete may have assistance to set the monitor. The athlete must stay seated on the Assault Bike until the end of the 5 minutes.

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

