

Workout 1 – Day 1 – Indoor **Hustle & Hold**

Air Assault Bike for Calories
(11 minutes)

Intermediate & Advanced

- 0-2 minutes: Athletes 1 & 2 - Deadlift hold / Athletes 3 & 4 bike for calories.
- 2-3 minutes: Rest.
- 3-5 minutes: Athletes 3 & 4 - Deadlift hold / Athletes 1 & 2 bike for calories.
- 5-6 minutes: Rest.
- 6-8 minutes: Athletes 2 & 1 - Deadlift hold / Athletes 3 & 4 bike for calories.
- 8-9 minutes: Rest.
- 9-11 minutes: Athletes 4 & 3 - Deadlift hold / Athletes 1 & 2 bike for calories.

Weights:

Advanced: Deadlift hold - F/M 70/100kg Barbell.

Intermediate: Deadlift hold – F/M 50/70kg Barbell.

Description

3.2.1...Go!

Athletes 1 & 2 head from the starting line to the deadlift bar taking hold of the bar off the ground.

Athletes 3 & 4 head to the bike and share the bike to establish max. effort calories over the 2 minute window.

For the bike work to continue for throughout the 2 minute window, the deadlift hold athletes need to maintain the hold from the ground. If/when the deadlift hold is dropped, the judge will instruct the biking to stop and have the athletes stand off the bike. Once off the bike the judge counts for a 10 second penalty. Once 10 seconds have passed, the judge will instruct the deadlift to be lifted from the ground and then allow the biking to continue.

Each time the deadlift is dropped within the 2 minute timeframe, the judge forces a 10 second pause in the bike work.

All athletes must remain in their cells for the 2 minute windows. Only during the rest period will all athletes return to the start line ready for the next wave.

The above is to be swapped between athletes and repeated for the four waves.

End score is the total number of calories covered across the four waves. Splits will be the calorie counts from each wave, starting with the first wave.

Set-Up

