

# **WORM** **FOOD**

**Rx/Advanced**



# For Time

**20 Worm Ground to Overhead**

5 Synchronised burpees over worm

**15 Worm Ground to Overhead**

5 Synchronised burpees over worm

**10 Worm Ground to Overhead**

5 Synchronised burpees over worm

**5 Worm Ground to Overhead**

5 Synchronised burpees over worm

\*Lunge with worm to next section after each set of burpees.

\*\* One team member will hold a D-Ball in a bear hug for the GtOH to count.

**15 minute Timecap**



# Demonstration Walk Through



Dina



Jeanette



Iman

All 3 team members must be laying down on the floor behind the start line.

## On 3, 2, 1, Go....

The team of three sprint into the first section of their lane with two of the team members setting themselves up at the worm. The third team member will pick up the D-Ball and hold it in bear hug style hold.

### The worm pair:

Complete 20 worm ground to overhead. The worm must pass from one shoulder to the other and drop to the ground on the opposite side to complete the repetition.

### The D-Ball person:

Pick up the D-Ball and hold it in a bear hug style whilst your team complete the ground to overhead. If you drop or place the ball on the floor at anytime, the counting will be paused until you lift it back into the bear hug position (or another team member does).

Once all ground to overhead have been completed, the whole team will complete 5 synchronised burpees over the worm.

Then,  
With the worm on the shoulders of two athletes, lunge to the next section. The D-Ball should be carried to the next section.

Complete the same routine in each section, removing 5 ground to overhead repetitions with each section progressed.

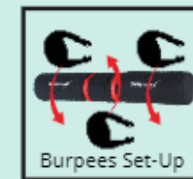
Once the team have completed the fourth and last section, they will need to lunge the worm back to the first section before head across the finish line. The D-Ball should be walked straight back to the first section.

## Points to note:

The team may swap and change between the worm and the D-Ball as they wish.

For and worm ground to overhead reps. to be counted, the D-Ball must be held in a bear hug by the third athlete.

The synchronised burpees will be completed parallel to the worm with two athletes starting from one side of the worm and the third athlete starting from the opposite side.



The D-Ball does not need to be held off the ground during the lunges.

One of the team will be responsible to confirming the score and signing the score sheet from the judge.

