

Workout 7 – Day 2 – Beach/Field Arena

Beam to Beast

AMRAP

(10 minutes)

Advanced

The Workout:

Team Medley

10 Minute AMRAP - Ascending Ladder

- Cross the balance-beam
- 2 Synchronised Devil Press 2 x Truck Tyres
- Cross the balance-beam
- Alternating (pair) medley with objects relay (out & back)
- Cross the balance-beam
- 4 synchronised Devil Press 2 x Truck Tyres
- Cross the balance-beam
- Alternating (pair) medley with objects relay (out & back)
- Cross the balance-beam
- 6 synchronised Devil Press 2 x Truck Tyres
- Cross the balance-beam
- Alternating (pair) medley with objects relay (out & back)
- Cross the balance-beam
- 8 synchronised Devil Press 2 x Truck Tyres
- ...

Description

Objects Medley

3.2.1...Go!

Team starts in the first cell and makes their way across the balance-beam.

Once the whole team is across the beam, head to the two truck tyres and complete 2 synchronised devil press with the tyres (two athletes per tyre).

Once complete head back across the balance-beam.

Two athletes pick up two of the objects and carry them to the end of their lane and back. Once back, the second two athletes do the same with the remaining two objects.

Head back across the balance-beam and make your way as a team to the truck tyres.

Once the whole team has returned, complete 4 synchronised devil press using the two truck tyres.

Once complete head back across the balance-beam.

Two athletes pick up two of the objects and carry them to the end of their lane and back. Once back, the second two athletes do the same with the remaining two objects.

Head back across the balance-beam and make your way as a team to the truck tyres.

Complete 6 synchronised devil press using the two truck tyres.

Once complete head back across the balance-beam.

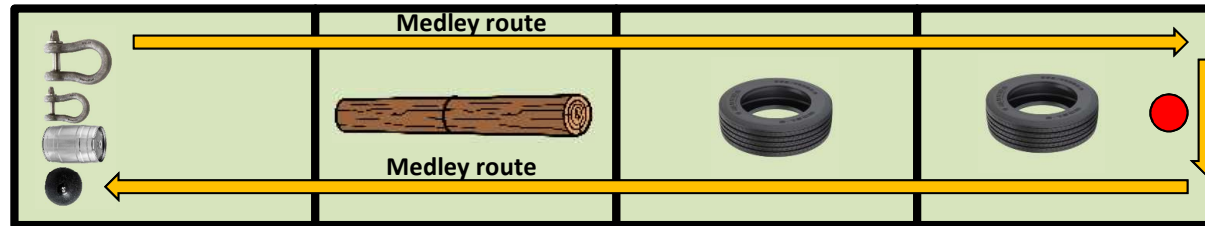
Two athletes pick up two of the objects and carry them to the end of their lane and back. Once back, the second two athletes do the same with the remaining two objects.

Head back across the balance-beam and make your way as a team to the truck tyres.

Once the whole team has returned, complete 8 synchronised devil press using the two truck tyres.

*Continue with the routine for the 10 minutes adding an additional 2 devil press on the tyres each round.

Lane Set-Up



*Some parts/equipment may vary on the day.