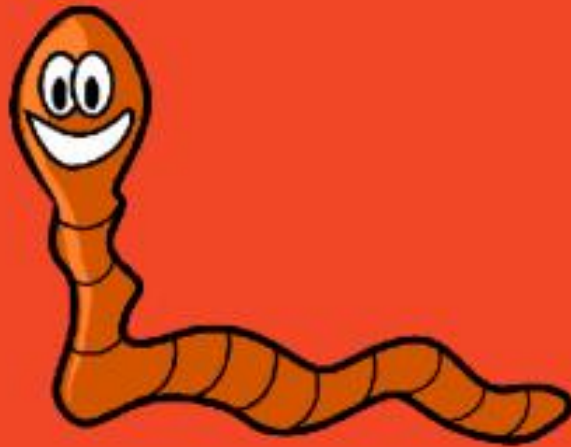


WORM DT

Rx/Advanced



For Time

12 Worm Deadlift

9 Worm Hang Power Cleans

6 Worm Shoulder to Overhead

27 Calories Air Assault Bike

*5 Rounds, advancing in your lane after each round

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 off the start line and make their way to the first & second sections of their lane. Two of the team members setting themselves up at the worm in the second section, and the third team member jumping onto the Air Assault Bike in the first section.

-  **The worm pair:**
Complete 12 worm deadlift.
Then,
 Complete 9 worm Hang power cleans.
Then,
Complete 6 worm shoulder to overhead.

-  **The bike person:**
Complete 27 calories on the bike.

After completing this full round, the athletes will advance to the next section within their lane whilst walking with the worm on their shoulders.

Repeat the above for the 5 rounds changing team members between the worm and bike as you wish.

Points to note:

The deadlift movement must show full extension at the top of the lift, and the worm make significant contact with the floor at the bottom of the lift.

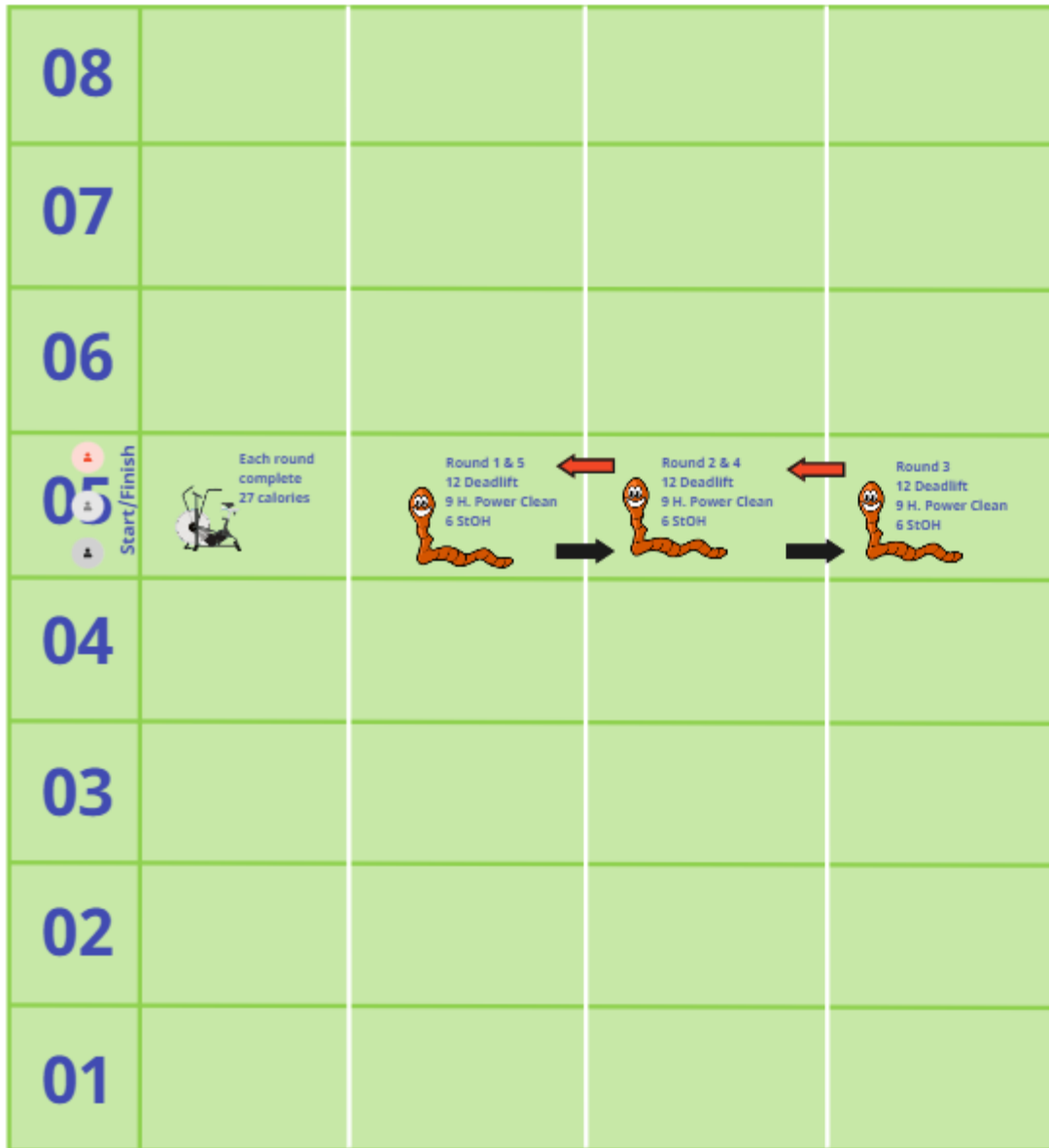
The clean will be to the shoulder with full extension through the legs at the top of the lift. At the hang position all athletes should be at full arm extension and stood up straight to avoid a "no Rep".

The shoulder to overhead will be from one shoulder to the other, passing over the head of the athletes. The count is when the worm is placed on both team members shoulders.

The team cannot advance to the next section until all the bike calories and the worm exercises have been completed.

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

Typical Lane Set-Up



Key

-  2 Person Fitness Worm (75kg)
-  Air Assault Bike
-  3 meter Section Placer
-  Direction (1 to 2, & 2 to 3)
-  Direction (3 to 4, & 4 to 5)

Tiebreaker Ruling



The tiebreaker in the workout will be taken from when the team completes the worm movement in each of the 5 rounds. The first tiebreaker will be the time recorded for completing the fourth round. In the event a tie between times on this round, the previous round time will be taken, and so on if required.

Final placements will be set by the event scoring team.

Not to Scale