

THE IRON HORSE

Rx/Advanced



AMCAP

40 Kettlebell Hang Snatch

Female/Male - 16kg/24kg

30 Kettlebell Hang Snatch

Female/Male - 20kg/28kg

20 Kettlebell Hang Snatch

Female/Male - 24kg/32kg

As Many Calories As Possible on
the Air Assault Bike

7 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....

Dina Dina crosses the start line and picks up the 16kg Kettlebell.



Breaking down the set however she likes, she completes a total of 40 Kettlebell Hang Snatch.

Once the full set of 40 is complete, Dina will make her way over to the Air Assault Bike.

Once on the bike and starting to peddle, the judge will note the time and indicate to Jeanette to start her part of the workout. *refer to Jeanette's part.

Dina will continue on the bike for as long and as fast as she can to try and build up as many calories as she can on the bike.

Dina cannot step off the bike until there is someone else with her at the bike who can continue with the biking

Jeanette On the signal of your judge, and following from Dina, Jeanette will cross the start line and pick up the 20kg Kettlebell.



Breaking down the set however she likes, she will complete 30 Kettlebell Hang Snatch.

Once the full set of 30 is complete, Jeanette will make her way over to the Air Assault Bike and take over on the bike.

Once on the bike and starting to peddle, the judge will note the time and indicate for Iman to start her part of the workout. *refer to Iman's part.

Between Jeanette and Dina the two of them will swap and change to push the bike as much as they can.

The bike must have someone working on it at any one time (allowing for a small transition pause).

Iman On the signal of your judge, and following from Jeanette, Iman will cross the start line and pick up the 24kg Kettlebell.



Breaking down the set however she likes, she will complete 20 Kettlebell Hang Snatch.

Once the full set of 20 is complete, Iman will make her way over to the Air Assault Bike and take over on the bike.





Once on the bike the judge will note the time. All three team members can now swap and change freely to push the bike as best they can to tally up as many calories as they can in the remaining time on the clock.

The workout will end on the strike of 7 minutes.

The total calories score will be taken by the judge and read at the time of the time cap (any additional calories from the drift after the time cap will not be included)


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

Typical Lane Set-Up

08				
07				
06				
05 <small>Start/Finish</small>	 16/24kg	 20/28kg	 24/32kg	
04				
03				
02				
01				

Not to Scale

Key

-  Kettlebell Locations
-  Kettlebell Weights F/M
-  Air Assault Bike location

Tiebreaker Ruling



The tiebreaker in this workout will be taken from the timing for each team member who starts peddling on the Air Assault Bike.

In the event of a tiebreaker, the team who starts their second athlete on the bike the soonest will be awarded the higher finishing position. If there is a tie between the second athletes times, the tiebreaker will be determined by using the time for the first athlete to start peddling on the Air Assault Bike. If there is still a tie at this point, the position will be shared.

If a round is not completed before the end of the workout, then the tiebreaker will be the timecap of the event.

Final placements will be set by the event scoring team.