

# **FARMYARD GRACE**

**Rx/Advanced**



## For Time

3 rounds of...

Flip Truck Tyre - length of lane,

5 Synchronised Tyre Devil Press,

Flip Truck Tyre - length of lane.

## Grace - 30 Clean & jerk

\*Female/Male - 45/60kg

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....

**All** The team of three sprint into the first section of their lane and approach the tyre. Between the three of them, they will flip the tyre to the fourth section within their lane.



Once clearly within the fourth section, the three team members will complete 5 synchronised devil press using the tyre. Start with all three lifting the tyre from the ground and extending overhead. Then drop the tyre back to ground and perform a burpee on the floor next to the tyre. Repeat 5 times.



Flip the tyre back to the first section.

### Grace:

Once the tyre is clearly within the first section, the team can approach the barbell to complete the first round of 30 clean & jerks. Break the reps. down however the team wishes.

### Repeat:

Once done, repeat the tyre flip back to the fourth section, and repeat the 5 synchronised devil press. Flip the tyre back to the first section and compete the second set of 30 clean & Jerks.

### Repeat a third time:

Repeat the complete cycle for a third round.

Once the third and final set of Grace has been completed, the team will cross the finishline to complete the workout.

## Points to note:

The team may swap and change between the barbell as it suits them for each round of Grace.

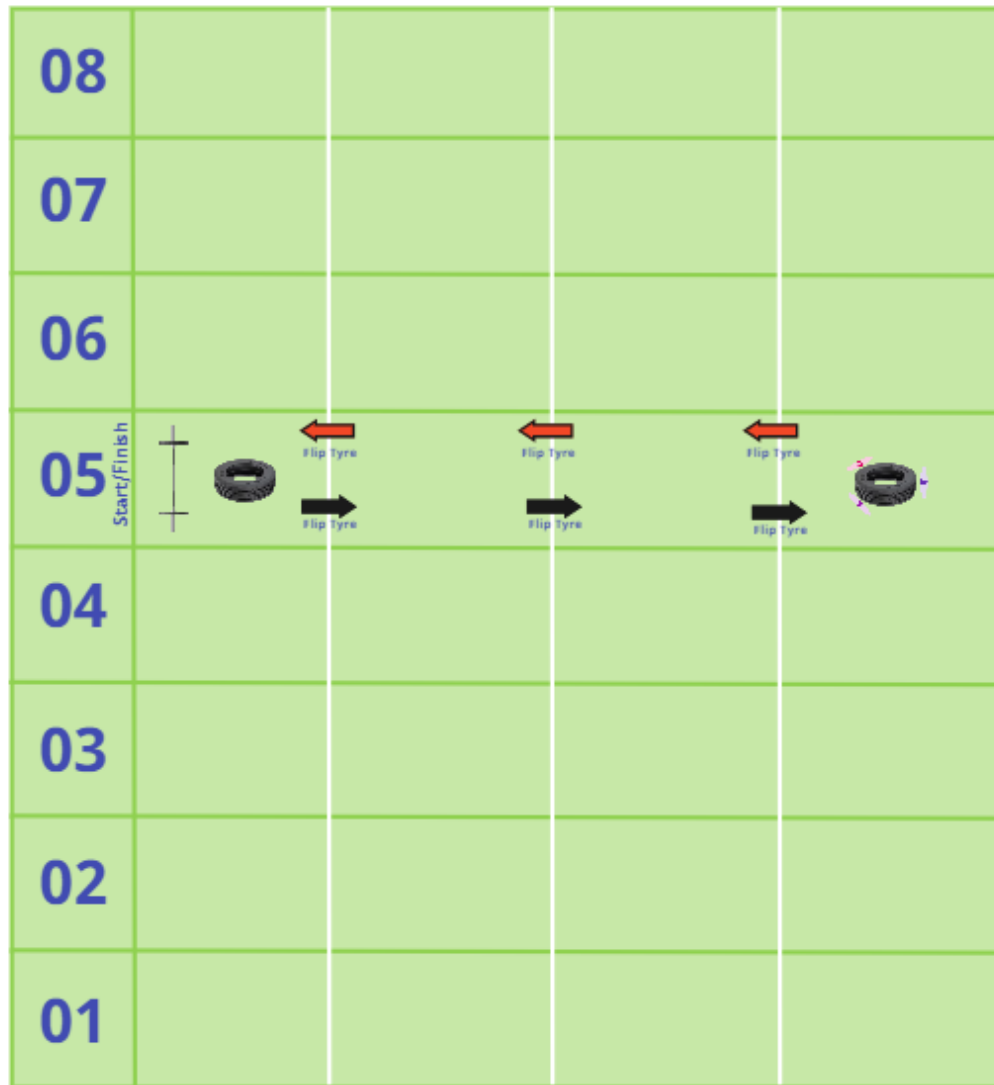
At the top of each tyre devil press, the tyre must be fully extended overhead for the rep. to count. Arms will need to be locked out.

at the bottom of each rep. the three team members must all have their chests against the floor at the same time.

To be considerate towards all other teams, when completing the burpees, try to keep your legs within your lane.

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

# Typical Lane Set-Up



Not to Scale

### Key

- F/M 45/60kg Barbell (C&J platform)
- 80KG Truck Tyre Start/Finish
- 3 meter Section Placer
- Direction of tyre flips out
- Direction of tyre flips back
- Tyre Devil Press

## Tiebreaker Ruling



The tiebreaker in the workout will be taken from when the team completes the 30 C&J's. The first tiebreaker will be the time recorded from completing the second round. In the event a tie between times on this round, the previous round time will be taken.

Final placements will be set by the event scoring team.

# Score Card

## Farmyard Grace - Rx/Advanced

| Scorecard              |       |                 |
|------------------------|-------|-----------------|
| Round 1                | Score | Tiebreaker Time |
| 3 x Sections-Tyre Flip | 3     | 41              |
| 5 x Tyre Devil Press   | 5     |                 |
| 3 x Sections-Tyre Flip | 3     |                 |
| 30 C&J                 | 30    |                 |
| Total Reps:            | 41    |                 |

Round: 41 Total: 41

| Round 2                | Score | Tiebreaker Time |
|------------------------|-------|-----------------|
| 3 x Sections-Tyre Flip | 3     | 82              |
| 5 x Tyre Devil Press   | 5     |                 |
| 3 x Sections-Tyre Flip | 3     |                 |
| 30 C&J                 | 30    |                 |
| Total Reps:            | 41    |                 |

Round: 41 Total: 82

| Round 3                | Score | Finished Time |
|------------------------|-------|---------------|
| 3 x Sections-Tyre Flip | 3     | 123           |
| 5 x Tyre Devil Press   | 5     |               |
| 3 x Sections-Tyre Flip | 3     |               |
| 30 C&J                 | 30    |               |
| Total Reps:            | 41    |               |

Round: 41 Total: 123

|            |                |      |
|------------|----------------|------|
| Heat       | 37/38/39/40/41 |      |
| Team No.   |                |      |
| Team Name  |                |      |
| Division:  | W/Rx           | M/Rx |
| Time/Reps: |                |      |
| Tiebreaker |                |      |

### Tiebreaker Rules:

The tiebreaker in the workout will be taken from when the team completes the 30 C&J's. The first tiebreaker will be the time recorded from completing the second round. In the event a tie between times on this round, the previous round time will be taken.

Judge:

Team Signature: