

# Workout 2 – Day 1 – Outdoor

## **Worm Squirm**

For Time  
(15 minutes)  
Advanced

## **Buy-In:**

40 (pair) Burpee over worm.

## **Straight into:**

Worm 1 – 20 Squats / Worm 2 – Hold

Worm 1 – Hold / Worm 2 – 10 Squats

- 10 Synchronised Burpees over both worms.

Worm 1 – 15 GtOH / Worm 2 – Hold

Worm 1 – Hold / Worm 2 – 15 GtOH

- 10 Synchronised Burpee over both worms.

Worm 1 – 10 Thrusters / Worm 2 – Hold

Worm 1 – Hold / Worm 2 – 20 Thruster

## **Description**

3.2.1...Go!

### **Buy-in:**

All athletes approach the first worm with two athletes at a time completing the synchronised burpees over the worm. Athletes may change the pair completing the burpees as best suits the team. Once a total of 40 synchronised burpees has been completed, move onto the main workout.

### **Main Workout:**

Two athletes (1 & 2) will remain at the first worm, whilst the other two (3 & 4) move over to the second worm.

The first worm will complete 20 squats whilst the second worm is held on the shoulders of the other athletes (3 & 4). Once 20 reps. complete, the second pair complete 10 squats whilst the worm is held on the shoulders of the first pair.

Then, 10 synchronised burpees over both worms (all four athletes synchronised).

Pick up both worms and carry them one cell across where the next set of exercises will begin.

Two athletes (1 & 2) will complete 15 ground to overhead whilst the second worm is held on the shoulders of the other athletes (3 & 4). Once 15 reps. complete, the second pair complete 15 ground to overhead whilst the first pair hold the worm at the shoulder.

Then, 10 synchronised burpees over both worms (all four athletes synchronised).

Pick up both worms and carry them one cell across where the next set of exercises will begin.

Two athletes (1 & 2) will complete 10 thrusters whilst the second worm is held on the shoulders of the other athletes (3 & 4). Once 10 reps. completed, the second pair complete 20 thrusters whilst the first pair hold the worm at the shoulder.

Both worms are lifted and placed back into cells 1 and 2 before the team passes over the finishline to mark the end of the workout for them.

\*If the worm is dropped from the shoulder hold the active exercise stop and may only continue once the worm is returned to the shoulders of the athletes.

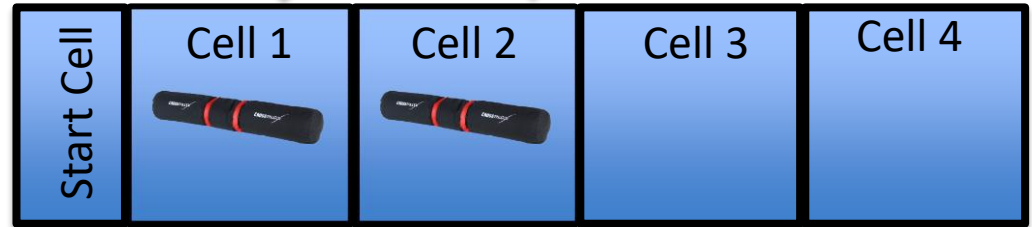
# Set-Up

Buy-In  
Burpees



20 Squats  
& hold

Hold &  
10 Squats



\*Team synchronised burpees

15 GtOH  
& hold

Hold &  
15 GtOH



\*Team synchronised burpees

10 Thrusters  
& hold

Hold &  
20 Thrusters

