

Team Name: \_\_\_\_\_

|               |      |        |       |
|---------------|------|--------|-------|
| RX            | MALE | FEMALE | MIXED |
| Intermediate  | MALE | FEMALE | MIXED |
| Masters 45-55 | MALE | FEMALE | MIXED |
| Masters 55+   | MALE | FEMALE | MIXED |

**In 7 min**→ **Finish 50 cal bike, 40 cal ski, 30 sandbag-over-the-shoulder**

| Division          | Sandbags              |
|-------------------|-----------------------|
| <b>RX</b>         | <b>140 / 100</b>      |
| <b>MSTR 44-54</b> | <b>100 / 75</b>       |
| <b>MSTR 55+</b>   | <b>75 / 50 d-ball</b> |
| <b>INT</b>        | <b>75 / 50 d-ball</b> |

- Athletes must stand by the sandbag to start the workout. On the count of “go” the athletes may begin
- Athletes may complete reps of the bike, ski or sandbag in any order and in any rep scheme they choose
- One athlete working at a time
- Bike - No "ghosting" bike allowed if teammates are doing other movements; meaning if one partner is completing another movement, the bike pedals and arms must not be moving until reps are completed. However, if both athletes are working on completing bike calories together, the bike will be allowed to roll while transitions are happening.
- Ski Erg - Hands must remain off the handles of the ski while the other athlete is performing another movement.
- Sandbag - Sandbag must be settled on the ground before the next rep may start.
- Same sex teams will have 1 sandbag; mixed teams will each have their own sandbag

- ★ **Score:** Time to complete all reps; or completed reps in 7 min
  - Rollover calories after time cap are counted

|         |      |
|---------|------|
| Bike    | (50) |
| Ski     | (40) |
| Sandbag | (30) |

### **Assault Bike**

- This is an Assault Bike
- No "ghosting" bike allowed; meaning if one partner is completing another movement, the bike pedals and arms must not be moving until reps are completed.

### **Ski ERG**

- This is a SKI ERG
- Hands must remain off the handles of the ski while the other athlete is performing another movement. Example - One athlete is performing calories on the Assault Bike, the athlete performing calories on the ski ERG must have hands off handles until the athlete stops moving.

### **Sandbag Over the Shoulder**

- The movement begins with the sandbag stationary on the floor. The athlete must lift the bag past the hip position, in the front of their body, then drive it upward and over either shoulder. The rep is credited when the sandbag has completely cleared the athlete's shoulder and fallen to the floor behind them.
- Rep will not be credited if full extension of the hips is not achieved.
- Rep will not be credited if the sandbag passes over any other part of the body (ie arms, not shoulders)
- One athlete working at a time.



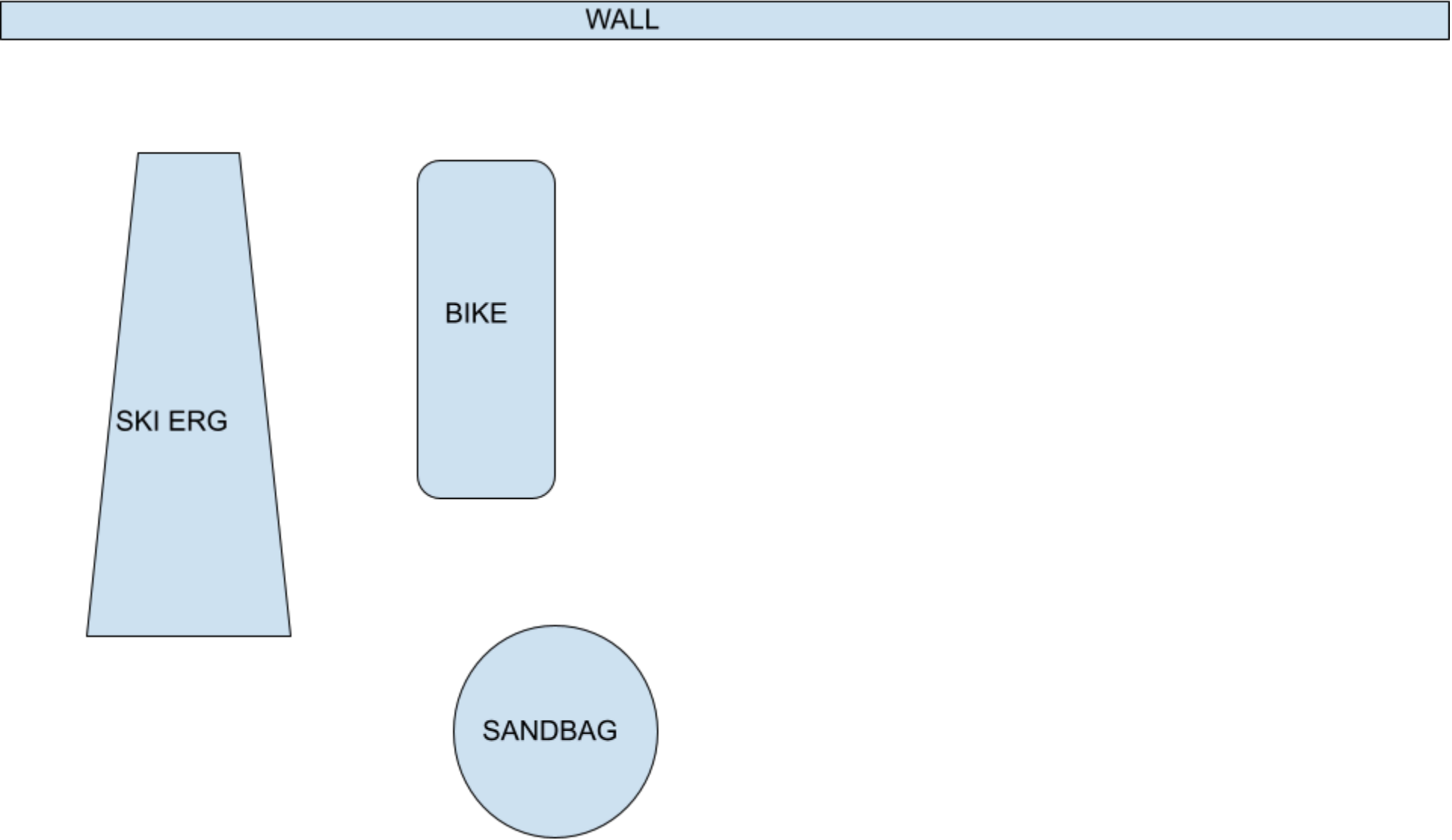
**Assault Bike - 1**

**Ski ERG - 1**

**Sandbag -**

- 135# - 1
- 100# - 1
- 75# - 1
- 50# d-ball - 1

WALL



A diagram showing a gym layout. At the top is a horizontal bar labeled 'WALL'. Below it, on the left, is a trapezoid labeled 'SKI ERG'. To its right is a rounded rectangle labeled 'BIKE'. Below the 'BIKE' is a circle labeled 'SANDBAG'.

SKI ERG

BIKE

SANDBAG