

## 2018 Solidarity Team Series Week 3

### Rules

Events 5, 6, and 7 must be done consecutively and in the same 1-hour session.  
Both workouts must be judged.

**Events 5, 6, and 7 must be done on a running clock.**

**There is a preset interval on the new clock. All teams must use this setting when completing this week's events.**

### Event 5

With one person working at a time, complete as many reps as possible in 2:30:

- Wall Walks
- 3 teammates must hang from a pull-up bar for reps to count

Rest :30

With one person working at a time, complete as many reps as possible in 2:30:

- Toes to Bar\*
- 3 teammates must hold a handstand against the wall for reps to count

### Workout description

The workout begins with all the athlete's standing tall. On the call of "3, 2, 1, go...!" three of the four athlete's must begin to hang from a pull-up bar. Once three athletes are hanging, another athlete may begin working on wall walks. Your team will have 2:30 to complete as many wall walks as possible. You may switch as needed, but **each athlete must complete at least one wall walk (or scaled variation) or your team's score is 0**. Wall walks will only count if 3 teammates are hanging from a pull-up bar.

At the end of the 2:30 there will be a :30 transition time.

At 3:00 on the clock, your team will begin working on as many toes to bar as possible in 2:30. Three athletes must be holding a handstand hold for the toes to bar to count. You may switch as needed, but **each athlete must complete at least one toes to bar (or 5 scaled variation to receive one point) or your team's score is 0**. The workout is over at 5:30 on the clock.

Your team's score for this event is the total number of wall walks plus the total number of toes to bar.

### Movement Standards

#### Wall Walks

- The wall walk begins with the athlete's chest and thighs touching the ground and finishes when the athlete's hands are inside the pre-measured box and the **athlete's entire foot** is above the pre-measured line.
- You must show control on the descent and walk down the same way you came up. Falling off the wall is a no-rep as is cartwheeling up or down.
- Specifications for measurement standards can be read on page 2 in the following [link](#).
- The athlete may substitute one :20 angled wall hold for 1 wall walk.

#### Angled Wall Hold

- The athlete's feet must be on the wall at least 36 inches off the ground. No other part of the body may touch the wall and the body must be in a straight line.
- The athlete's hands must be on the ground. No other part of the athlete's body may touch the ground.

#### Hanging from a pull bar

- The athlete's hands and no other part of the body may be on the pull up bar.
- The athlete's feet must be clearly off the ground.
- Pronated, supinated, and mixed grips are all permitted.

#### Toes to Bar

- The athlete must go from a full hang to having toes touch the bar.
- At the start of each rep, the arms must be fully extended and the feet must be brought back behind the bar and behind the body.
- The feet must come in contact with the bar in between the hands.
- The athlete may substitute hanging knee raises for 1 point each

#### Hanging Knee Raises

- At the start of each rep, the arms must be fully extended and the feet must be brought back behind the bar and behind the body.
- The knees must be raised above the crease of the hip for the rep to count.

#### Handstand Hold against the wall

- In the handstand, the feet must be touching the wall and no other part of the body may touch the wall.
- The hands must be inside a 24" x 36" box that meets the wall. (24" from wall, 36" wide)
- Both wall facing and back to wall handstand holds are permitted.

#### Scoring:

Wall Walks & Angled Wall Holds are worth **10 Points** each.

Toes to Bar are worth **5 points each**.

Knee Raises are worth **1 point each**.

## Event 6

**Event 6 begins 1:30 after event 5.**

Complete the following relay for time:

- 800m Run
- 600m Run
- 400m Run
- 300m Run

### Workout Description

The workout begins with athlete 1 standing behind the marked "00" starting line outside in the parking lot. On the call of "3, 2, 1, go...!" athlete 1 will run to the designated turnaround for the 800m run and upon crossing the "00" mark will tag athlete 2. Athlete 2 will run to the designated turnaround for the 600m run and upon crossing the "00" mark will tag athlete 3. Athlete 2 will run to the designated turnaround for the 400m run and upon crossing the "00" mark will tag athlete 3. Athlete 3 will run to the designated turnaround for the 400m run and upon crossing the "00" mark will tag athlete 4. Athlete 4 will run to the designated turnaround for the 300m run and upon crossing the "00" the judge will record your total time. **Your score is the total time it takes your team to complete the relay.**

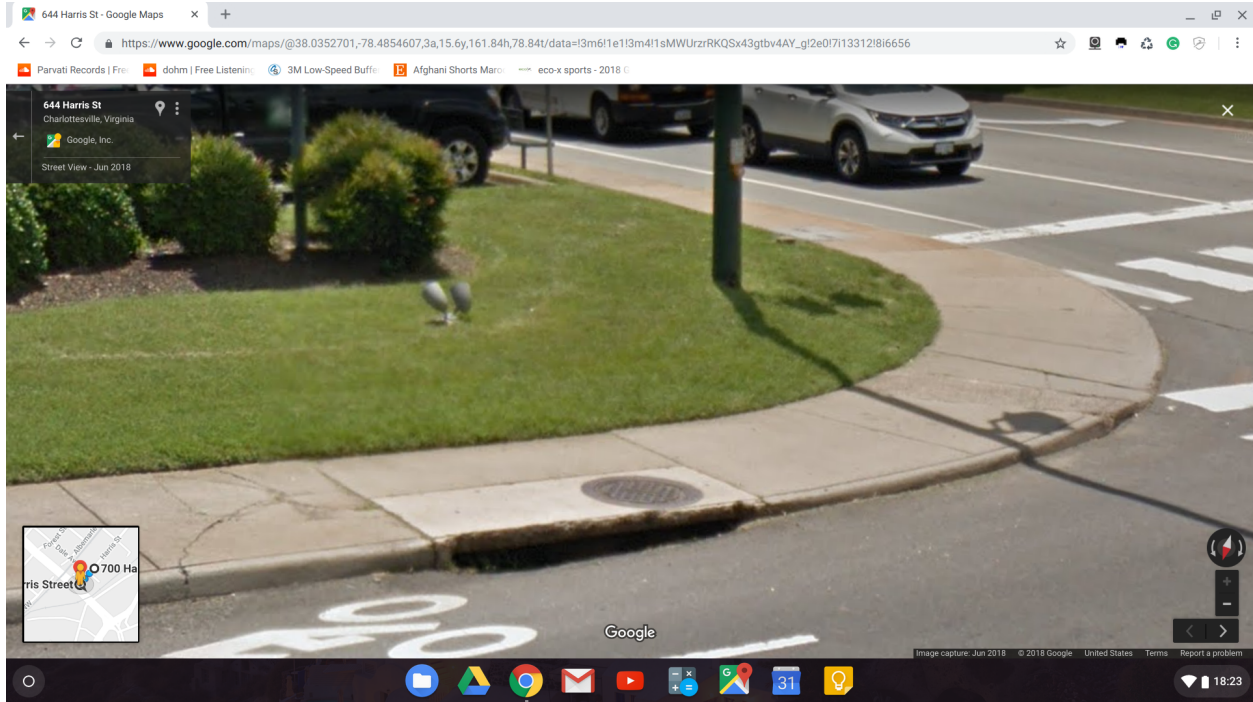
### Movement standards

#### 800m Run

- Begins at the standard Solidarity Run start line
- The athlete will run the 800m route designated by Solidarity CrossFit, turning around at the spot in front of Bodos before the train tracks where the sidewalk turns into asphalt. Both feet must cross that line before the athlete turns around.

#### 600m Run

- Begins at the standard Solidarity Run start line
- The athlete will run the 600m, the turn around is the manhole cover on the sidewalk at the corner of Harris & Preston (at Bodos) as seen in the picture below



#### 400m Run

- Begins at the standard Solidarity Run start line
- The athlete will run the 400m route designated by Solidarity CrossFit, turning around once both feet have crossed the marked "200"

#### 300m Run

- Begins at the standard Solidarity Run start line
- The athlete will run the 300m route designated by Solidarity CrossFit, turning around once both feet have crossed the marked "150"

#### Event 7

**Event 7 begins immediately after event 6.**

For time:

- 40m Synchronized Bear Crawl
- 15 Synchro High-Five Burpees
- 200 Calorie Assault Bike
- 15 Synchronized High-Five Burpees
- 40m Synchronized Bear Crawl

#### Workout Description

Upon completing event 6, your team will go inside the gym and begin a 40m synchronized bear crawl broken up into 10m intervals. All four team members must cross the 10m line with hands and feet before turning around and beginning the next 10m interval. After 40m have been

completed, your team will complete 15 synchronized high five burpees. After completing the burpees, your team must complete 200 calories on the assault bike, with one person working at a time and rotating in a predetermined order. Upon completion of the 200 calories, your team will complete 15 more synchronized high five burpees and another 40m synchronized bear crawl. Upon completion of the bear crawl, your team's time will be recorded. **Your score for event 7 is the total time it takes your team to complete the work starting from the end event 6.**

#### Bear Crawl

- The bear crawl must be done inside the gym.
- Teams must place cones exactly 10m apart.
- **The athlete must place both hands (entire hands palms and fingers) behind the cone denoting the start.**
- Reaching across the line and placing a hand(s) inside the 10m interval constitutes a no rep.
- During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some bodyweight with the arms.
- If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from behind the starting line.
- **Both hands and feet must cross the 10m mark while the athlete maintains hips above the head before the athlete may begin the next 10m interval.**
- No member of the team may begin the next 10m interval until all athletes have crossed the 10m line with both hands and feet.

#### Synchronized High-Five Burpees

- All four team athletes must touch their chests to the ground at the same time and jump and high five each other in a circle.
- All athletes must be in the air when the high-five occurs.

#### Assault Bike

- Only one athlete may work at a time.
- Your team may only use one assault bike. Your team is allowed to change the seat height as needed.
- Athletes must rotate in a predetermined order and may not deviate from this order.
- **Each athlete must pedal for at least 5 calories before rotating.**