

EVENTS 5/6/7

Judge: _____

Team: _____

Pre-Workout Position Check:

Establish gymnastics movement stations and make sure height for wall walks/angled wall holds and box for handstands/wall walks/wall holds is set.

Event 5

Max Wall Walks in 2:30

All four athletes must complete at least one repetition for a valid score. The 3 non-working athletes must be hanging from a pull up bar for reps to count. 0:20 angled wall hold may be substituted for 1 wall walk

0:30 Transition

Max Toes to Bar in 2:30

All four athletes must complete at least one repetition for a valid score. The 3 non-working athletes must be holding a handstand for reps to count. Hanging knee raises may be done instead of toes to bar (5:1).

Movement	Reps	Point Value	Total Points (Reps x Points)
Max in 2:30 Wall Walks OR 0:20 angled wall hold		10	
TRANSITION (0:30)			
Max in 2:30 Toes to Bar		5	
Hanging Knee Raises		1	

Event 5 Score = Total Points: _____

1:30 REST

Immediately into Events 6 & 7 (see other side)

0:00 until work is done

Event 6

800m | 600m | 400m | 300m relay

Event 6 Relay Time (record time on clock): _____

Immediately into....

Event 7

Ensure athletes are rotating in predetermined order (they decide) on assault bike. Any turn on assault bike must include at least five calories gained.

For time:

40m synchro bear crawl

15 synchro hi-five burpees

200 calories on the Assault bike (each athlete must pedal at least 5 calories per turn)

15 synchro hi-five burpees

40m synchro bear crawl

Event 7 Time (record time on clock): _____