



EVENT 6 – MAKE A SPLASH

ADVANCED	INTERMEDIATE
FOR TIME (12 MIN TIME CAP) Buy In: 150 drag rope double unders shared Then in Indian file: 15 x DB Deadlift (2 x 22.5kg/2 x 15kg) 15 x DB Hang Power Cleans 15 x DB S2OH 12M up and back swim Repeat the above with 12 reps Repeat the above with 9 reps Time remaining – Max drag rope Double unders *An athlete will be holding 1 x 24/16kg KB throughout the whole workout in a front rack position. The athlete can only use one hand to hold the KB however is allowed to swap hands. The KB cannot touch the ground while the athlete is working. 1 athlete working, 1 holding, 1 resting	FOR TIME (12 MIN TIME CAP) Buy In: 100 drag rope double unders shared Then in Indian file: 15 x DB Deadlift (2 x 15kg/2 x 10kg) 15 x DB Hang Power Cleans 15 x DB S2OH 12M up and back swim Repeat the above with 12 reps Repeat the above with 9 reps Time remaining – Max drag rope Double unders *An athlete will be holding 1 x 24/16kg KB throughout the whole workout in a front rack position. The athlete can only use one hand to hold the KB however is allowed to swap hands. The KB cannot touch the ground while the athlete is working. 1 athlete working, 1 holding, 1 resting

➤ DRAG ROPES WILL BE PROVIDED BY RX SMART GEAR AUS

At the call of 3,2,1...go, one athlete will commence the buy in of 150 drag rope double unders (100 for intermediate). There is no minimum work requirement. Athletes can change out the double unders whenever they desire until 150 reps (100 for intermediate) are performed.

On completion of the buy in, the first athlete will start on the 15 deadlifts (both dumbbell heads have to touch the ground), hang power cleans and shoulder to overheads. While they are working the second athlete will be holding the kettlebell in the front rack position with elbows up and the third athlete will rest. There is no changing of the kettlebell hold athlete as this is Indian file.

When the first athlete finishes the round of 15 they will jump in the pool and swim the width up and back. As soon as they jump in the pool, athlete 2 may begin their round of 15 and athlete 3 will commence the kettlebell hold. Should athlete 1 return from the swim while athlete 2 is still on the 15 reps, athlete 1 will rest.

The third athlete can start on the round of 15 when their team mate starts the swim AND their other team mate has the KB in the front rack.

The team will continue in this fashion for the round of 12 reps and the round of 9 reps. Should an athlete put the kettlebell down, the working athlete must stop.

Should all of the above be completed within the 12 minute time cap, the team will perform max drag rope double unders in the remaining time. Athletes can change out whenever desired however, as in the buy in, one athlete must always be holding the kettlebell in the front rack position for the duration. This workout is scored in two parts. Part A will be time taken to complete the above and Part B will be total double under reps in the remaining time.



EVENT 6 – MAKE A SPLASH

ELEVATE
FOR TIME (12 MIN TIME CAP)
Buy In: 150 drag rope single skips shared
Then in Indian file: 15 x DB Deadlift (2 x 15kg/2 x 10kg) 15 x DB Hang Power Cleans 15 x DB S2OH 12M up and back swim
Repeat the above with 12 reps Repeat the above with 9 reps
Time remaining – Max drag rope single skips
*An athlete will be holding 1 x 24/16kg KB throughout the whole workout in a goblet hold position. The KB cannot touch the ground while the athlete is working.
1 athlete working, 1 holding, 1 resting

➤ **DRAG ROPES WILL BE PROVIDED BY RX SMART GEAR AUS**

At the call of 3,2,1...go, one athlete will commence the buy in of 150 drag rope single skips. There is no minimum work requirement. Athletes can change out the single skips whenever they desire until 150 reps are performed.

On completion of the buy in, the first athlete will start on the 15 deadlifts (both dumbbell heads have to touch the ground), hang power cleans and shoulder to overheads. While they are working the second athlete will be holding the kettlebell in a goblet hold position and the third athlete will rest. There is no changing of the kettlebell hold athlete as this is Indian file.

When the first athlete finishes the round of 15 they will jump in the pool and swim the width up and back. As soon as they jump in the pool, athlete 2 may begin their round of 15 and athlete 3 will commence the kettlebell hold. Should athlete 1 return from the swim while athlete 2 is still on the 15 reps, athlete 1 will rest.

The third athlete can start on the round of 15 when their team mate starts the swim AND their other team mate has the KB in a goblet hold.

The team will continue in this fashion for the round of 12 reps and the round of 9 reps. Should an athlete put the kettlebell down, the working athlete must stop.

Should all of the above be completed within the 12 minute time cap, the team will perform max drag rope single skips in the remaining time. Athletes can change out whenever desired however, as in the buy in, one athlete must always be holding the kettlebell in a goblet hold for the duration. This workout is scored in two parts. Part A will be time taken to complete the above and Part B will be total single skip reps in the remaining time.



EVENT 6 – MAKE A SPLASH

TEENS 14-15	TEENS 16-17
FOR TIME (12 MIN TIME CAP) Buy In: 60 drag rope double unders (or 180 single skips) shared Then in Indian file: 15 x DB Deadlift (1 x 15kg/1 x 10kg) 15 x DB Hang Power Cleans 15 x DB S2OH 12M up and back swim Repeat the above with 12 reps Repeat the above with 9 reps Time remaining – Max drag rope double unders ONLY	FOR TIME (12 MIN TIME CAP) Buy In: 60 drag rope double unders (or 180 single skips) shared Then in Indian file: 15 x DB Deadlift (2 x 15kg/2 x 10kg) 15 x DB Hang Power Cleans 15 x DB S2OH 12M up and back swim Repeat the above with 12 reps Repeat the above with 9 reps Time remaining – Max drag rope double unders ONLY

➤ **DRAG ROPES WILL BE PROVIDED BY RX SMART GEAR AUS**

At the call of 3,2,1...go, one athlete will commence the buy in of 60 drag rope double unders (or 180 single skips). There is no minimum work requirement. Athletes can change out the double unders whenever they desire until 60 reps are performed (or 180 if performing single skips). If you choose double unders for the buy in you need to remain with double unders for the whole buy in.

On completion of the buy in, the first athlete will start on the 15 deadlifts (both dumbbell heads have to touch the ground), hang power cleans and shoulder to overheads.

When the first athlete finishes the round of 15 they will jump in the pool and swim the width up and back. As soon as they jump in the pool, athlete 2 may begin their round of 15.

Athlete 2 cannot jump in the pool until athlete 1 is back from the swim.

The team will continue in this fashion for the round of 12 reps and the round of 9 reps.

Should all of the above be completed within the 12 minute time cap, the team will perform max drag rope double unders ONLY in the remaining time (no single skipping for Part B). Athletes can change out whenever desired. This workout is scored in two parts. Part A will be time taken to complete the above and Part B will be total double under reps in the remaining time.