



EVENT 4 – HAVE A GO MATE

ADVANCED	INTERMEDIATE	ELEVATE
FOR TIME (14 MIN TIME CAP) 3 ROUNDS <ul style="list-style-type: none">• 60m team sandbag carry 60kg/45kg• 10 synchro sandbag facing burpees (all)• 50m team sandbag carry 60kg/45kg• 10 synchro sandbag cleans to shoulder (all)• 40m team sandbag carry 60kg/45kg• 40 cals Echo Bike (10 cal each team member)	FOR TIME (14 MIN TIME CAP) 3 ROUNDS <ul style="list-style-type: none">• 60m team sandbag carry 45kg/30kg• 10 synchro sandbag facing burpees (all)• 50m team sandbag carry 45kg/30kg• 10 synchro sandbag cleans to shoulder (all)• 40m team sandbag carry 45kg/30kg• 40 cals Echo Bike (10 cal each team member)	FOR TIME (14 MIN TIME CAP) 3 ROUNDS <ul style="list-style-type: none">• 60m team sandbag carry 45kg/30kg• 10 synchro sandbag facing burpees (all)• 50m team sandbag carry 45kg/30kg• 10 synchro bodyweight lunges (all)• 40m team sandbag carry 45kg/30kg• 40 cals Echo Bike (10 cal each team member)

At the call of 3,2,1...go, all athletes will pick up their sandbag and commence their sandbag carry walking to the 30m marker and then back to the first marked grid. The bag can be carried anyway desired. Once back to the first grid they will drop their sandbags on the marked line and commence their synchronised sandbag facing burpees.

On completion of the 10 burpees, they will pick up their sandbags and walk back out to the 30m marker, turn around and return to the second grid. Here the team will drop the sandbags and/or tap them on the ground where indicated and then perform 10 synchronised sandbag cleans to the shoulder (elevate will drop the bags and perform 10 synchronised bodyweight lunges). Athletes will be in a worm formation facing one direction for ease of synching and judging.

Athletes will then pick their sandbags up and walk back out to the 30m marker, turn around and return to the start position to commence the 40 calories on the echo bike. This can be performed in any order however all team mates must complete 10 calories.

After the bike hits 40 calories, the team will pick up their bags and repeat all of the above 2 further times for a total of 3 rounds.

The score is the time taken to complete. If not complete, the number of reps completed will be the teams score.



MOVEMENT STANDARDS

Sandbag Carry – Athletes will pick the sandbag up from the ground and carry the bag in any manner – bear hug, on the shoulder etc.

Synchronised Sandbag facing burpee - The burpee must be performed perpendicular and facing the sandbag. The athlete can jump or step feet back so they are lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their team mates. The athletes can then either jump or step feet back up from the burpee. The athletes must jump over the sandbag from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (except for elevate). The rep ends when all athletes land on both feet on the opposite side of the sandbag. Before starting the next rep, the athletes must again be facing the sandbag. All athletes must have the chest on the ground at the same time for the rep to count.

Synchronised Sandbag Cleans – The sandbag starts on the ground. It can start with a tap to the ground or the team member may drop it to the ground. All team mates pick the sandbag up in any manner and clean it to the shoulder. The movement is complete when all team members have their hips and knees fully extended showing control with the bag on the shoulder. All athletes must be in the finish position at the same time and wait for the judge to call it for the rep to count. On completion of the rep, the athletes can drop the bag to the ground to commence the next rep or tap it to the ground and go straight into the next rep. The synchronisation is only at the end position of the clean with the bag on the shoulder.

Synchronised lunges – This movement is a normal lunge with no weight. Each lunge begins with the feet together, and the athlete standing tall. The athlete steps backwards into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the back leg forward bringing the feet back together. The rep ends with the athlete standing tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep. For the rep to count, all athletes must be in the finish position standing tall with feet together at the same time. This movement is a backwards lunge only.