



GOLD COAST - EVENT 2

FOR TIME (WITH A 14 MINUTE TIME CAP)

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<u>For Time (14 min time cap)</u> <ul style="list-style-type: none">• 30m bear hug sandbag carry each (45kg)• 9 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 7 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 5 sandbag clean over shoulder each	<u>For Time (14 min time cap)</u> <ul style="list-style-type: none">• 30m bear hug sandbag carry each (35kg)• 9 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 7 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 5 sandbag clean over shoulder each	<u>For Time (14 min time cap)</u> <ul style="list-style-type: none">• 30m bear hug sandbag carry each (25kg)• 9 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 7 sandbag clean over shoulder each• 30m bear hug sandbag carry each• 5 sandbag clean over shoulder each

At the call of 3, 2,1, go.....1 athlete will pick up the sandbag in a bear hug carry and walk/run out to the 15m mark and back (30m in total) – each 15m will constitute 1 rep therefore a total of 2 reps per 30m carry. Athlete 1 will drop the bag once back at the start and athlete 2 will pick up and walk/run the bag out to the 15m mark and back. Again athlete 2 will drop the bag at the start for athlete 3 to then repeat the 15m up and back carry.

Once athlete 3 is back and drops the bag, athlete 1 will pick up the bag, and perform 9 sandbag cleans over the shoulder. After the 9th clean athlete 1 will leave the bag where it is, and tag athlete 2 who will then perform their 9 cleans over the shoulder. Again athlete 2 will leave the bag on the ground after their 9th clean, tag athlete 3 who will perform their 9 sandbag cleans. After the last clean each athlete will then repeat the 15m out and 15m back bear hug carry in the same fashion as previously performed. Once all 3 have completed their 30m sandbag carry, athlete 1 will pick up the bag, walk/run out to the marked line and perform 7 sandbag cleans. As in the previous round, athlete 1 will leave the bag on the ground and run back to tag athlete 2 for their 7 sandbag cleans. On completion athlete 2 will leave the bag on the ground, tag athlete 3 who will perform their 7 sandbag cleans, pick the bag up and walk/run the bag back to the start.

The 30m bear hug carry is then completed for a final time for all athletes and then 5 sandbag cleans each at the next marked line. Again athlete 1 and 2 leave the bag where it is but athlete 3 needs to carry the bag back to the start.

The score is total time taken to finish. Should you not finish within the time cap the score will be number of reps completed.

MOVEMENT STANDARDS

BEAR HUG SANDBAG CARRY

The sandbag starts on the floor. The sandbag is to be held on the front of the body between the athlete's chin and thighs. The Bag will be supported with the lifter's arms only in a bear hug position. The athletes hands and arms can be positioned anywhere they would like on/around the bag. Interlocking of fingers, arms, wrists is permitted. Holding the bag from the bottom is permitted. Athletes can walk or run whilst holding the sandbag.

SANDBAG CLEAN OVER SHOULDER

Sandbag must go from the ground and clearly pass over the top of the athlete's shoulder. The sandbag shall not roll off the side of the shoulder. With the sandbag at the shoulder, hips and knees must reach full extension. There is to be no ducking under the sandbag as it passes over the shoulder.