



Individuals Event 4 - Teens/Masters Event 4

Max Cal on C2 bike (7 min Clock)

At the count of 3-2-1 Go, the athlete will advance to their Wall Ball. They will need to complete the assigned amount of wallballs before moving on to the toes to bars. Once the athlete has completed all the repetitions of the toes to bar, they will advance to the Concept 2 bike and get to the max amount of calories as they can in the remaining time.

Standards:

Wall Balls

The medicine ball must be taken from the bottom of a squat (hip crease below knee) and thrown to hit the specified target. **The ball must hit the target** to be counted as a rep. If the ball drops to the ground, **it cannot be caught from the bounce**. The ball must settle on the ground before being picked up for the next rep.

Toes to Bar

The athlete will begin at full hang from the pull up bar. The athlete can hold the pull up bar with whichever grip they choose, but they may not use hand grippers that wrap around the pull up bar. The athlete must bring both of their feet up to the pull up bar, and must touch in between their hands and the same time. The athletes feet must return to behind the line of the pull up bar under their bodies before beginning the next repetition.

Concept 2 Bike

It is the responsibility of the athlete to setup the Concept 2 bike and damper **before** the beginning of the event. The athlete may adjust during the event, at his/her own expense. At the end of the 7min clock, the calorie number that is on the screen will be taken as the final score of the event.