



For fastest time, in a relay - 13 minute time cape

At the count of 3, 2, 1, Go, the first athlete will advance to the Wallball station. There, they will complete all 35 repetitions of the Wallballs before advancing to the Toes to Bar. After completing the Toes to Bar, the first athlete will advance to the Concept2 Bike and complete 40 calories for men and 32 calories for women. Once the first athlete completes all of the workout, they will advance to the first marker of the cone. The first athlete will only advance to the finish line once the second athlete reaches the cone. The next athlete may not advance on any workout until the athlete before them has completely finished their work and has moved on. They must wait in their current location until the next workout is open. For example, the Second athlete may not begin the Wallballs until the first has begun the Toes to Bar. Then, the Third athlete may only advance to the Wallballs if the the Second athlete has been able to move forward to the Toes to Bar from the Wallball station.

The fourth and final athlete, once having completed the required Calories on the Concept2 Bike will not need to advance the cone, but only to run to the finish line, and there the judge will stop the timer and mark the official 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.