

EVENT 4: WORM FOMO

AMRAP (8 MINs TIME CAP)

6 Synchro Ground To Overhead (4 athletes)

9 Synchro Squats (4 athletes)

12 Synchro Overhead Lunges (4 athletes)

SCALED

1 Sand Bag 80 lbs

1 sandbag 100 lbs

2 Weighted Vest 20 lbs

1 45 lbs plate

1 25 lbs plate

FITNESS

1 Sand Bag 60 lbs

1 sandbag 80 lbs

2 Weighted Vest 20 lbs

2 x 25 lbs plate

NOTES:

- Workout Starts with All 4 Athletes behind the line
- After the Countdown all four athletes move to the arena to start performing the synchronized movement.
- 2 of the athletes will be wearing a weighted vest . Athletes can exchange the vest at any time
- 2 athletes will be using the plate and 2 will be using the sand bag. Team can use and change the equipment however they want

SANDBAG & PLATE GROUND TO OVERHEAD

- The rep starts with the sandbag on the floor. Athlete must lift the sandbag using his arms to reach the overhead position. For the Plate one side of the plate must be touching the floor at the beginning of the movement
- Athletes can rest the sandbag on the any part of the body except feet.
- The synchronization is on the overhead position between all 4 athletes.

SANDBAG & PLATE SQUATS

- The rep starts with the sandbag on the shoulder or bear hug position. Similar for the plate. Squat clean is not allowed.
- Athletes must squat clearly below parallel for the rep to count.
- Synchronization is on top of the squat.

SANDBAG & PLATE OVERHEAD LUNGE

- The sandbag and plate must be clearly above the head not touching it at the beginning of each rep and during the entire movement Full elbow lockout is not required.
- For the lunge all 4 athletes must synchronized with knee on the floor at the same time
- Rep is counted once all 4 athletes return to the upright position hips and knees extended.

EVENT 4: WORM FOMO

FITNESS

AMRAP (8 MINs TIME CAP)

6 Synchro Sand Bag Cleans (all 4)

9 Synchro Sand Bag Squats (all 4)

12 Synchro Sand Bag Lunges (all 4)

Sand Bag 40 lbs – 60 lbs

NOTES:

- Workout Starts with All 4 Athletes behind the line
- After the Countdown all four athletes move to the arena to start performing the synchronized movement.
- There is no prescription for which weight each athlete can use. Female can use the heavier bags and viceversa.
- Athletes can interchange the bags at anytime.

SANDBAG CLEANS

- The rep starts with the sandbag on the floor. Athlete must lift the sandbag using his arms to reach the shoulder with full extension of hips and knees and one hand off the sandbag to demonstrate control
- Athletes can rest the sandbag on the any part of the body except feet.
- The synchronization is on the shoulder.

SANDBAG SQUATS

- The rep starts with the sandbag on the shoulder. Athletes must clean the sandbag before the first squat. The last of the sandbag cleans can be used to reach the starting position
- Squat clean is not allowed.
- Athletes must squat clearly below parallel for the rep to count.
- Synchronization is on top of the squat.

SANDBAG LUNGES

- The sandbag must be resting on the shoulder
- Knew must clearly touch the floor on the lunges

SCORE CARD: WORM FOMO

EVENT 4: WORM FOMO

AMRAP (8 MINs TIME CAP)

6 Synchro Ground To Overhead (4 athletes)

9 Synchro Squats (4 athletes)

12 Synchro Overhead Lunges (4 athletes)

	Cleans	Squats	Lunges
ROUND 1	6	15	27
ROUND 2	33	42	54
ROUND 3	60	69	81
ROUND 4	87	96	108
ROUND 5	114	123	135
ROUND 6	141	150	162
ROUND 7	168	177	189
ROUND 8	195	204	216
ROUND 9	222	231	243
ROUND 10	249	258	270
ROUND 11	276	285	297
ROUND 12	303	312	324
TOTAL REPS AT TIME CAP			
TIE BREAK END ROUND 1			

TEAM NAME: _____ CAT: SCALED REPS: _____ TIE BREAK _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 4 SCALED

TEAM NAME: _____ CAT: SCALED REPS: _____ TIE BREAK _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____