

FUELLED BY



QUALIFYING EVENT



EVENT 4 BEACHES

FOR TIME 10 MIN TIME CAP

4 rounds: 1 Round per Athlete

Buy In 50 Double Unders

7 Sandbag Over the Shoulder Weight 1

5 Sandbag Over the Shoulder Weight 2

3 Sandbag Over the Shoulder Weight 3

Buy Out 50 Double Unders

RX

Weight 1: 100 / 75 lbs

Weight 2: 150 / 100 lbs

Weight 3 : 200 / 150 lbs

Double Unders

SCALED

Weight 1: 75 / 50 lbs

Weight 2: 100 / 75 lbs

Weight 3 : 150 / 100 lbs

Single Unders: 50

NOTES:

- Workout Starts with all 4 athletes standing behind the line
- After the countdown first athlete will be go to perform the first set of double unders and then the first set of sandbags till completing a full round.
- Only after completing a full round can return to the starting line and tag the next athlete.
- Athletes cannot change in the middle of the round. They need to complete full round before tagging the next one.
- Each of the 4 athletes must perform a full round. Workout is finished when the 4th athlete crosses the line
- Athletes can choose whatever order to perform the workout.
- Only one person works at the time
- Athletes must use their own rope
- Athletes cannot help the other athletes to re arrange the rope or sandbags at any times.

DOUBLE UNDERS

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

COMMON NO REPS

NOTE: This list is not exhaustive.

- Crediting attempts instead of successful reps.
- Spinning the rope backward.

SANDBAG CLEANS OVER THE SHOULDER

- The rep starts with the sandbag on the floor. Athlete must lift the sandbag using his arms to clearly throw the sandbag over the shoulder.
- Athletes can rest the sandbag on the any part of the body except feet.
- The sandbag must fall inside the lane for the rep to be credited.

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QUALIFYING EVENT



SCORE CARD

EVENT 4 BEACHES

FOR TIME 10 MIN TIME CAP

4 rounds: 1 Work at the time

Buy In 50 Double Unders

7 Sandbag Over the Shoulder Weight 1

5 Sandbag Over the Shoulder Weight 2

3 Sandbag Over the Shoulder Weight 3

Buy Out 50 Double Unders

	Athlete 1	Athlete 2	Athlete 3	Athlete 4
50 Double Unders	50	165	280	395
7 Sand Bag Over Shoulder Weight 1	57	172	287	402
5 Sand Bag Over Shoulder Weight 2	62	177	292	407
3 Sand Bag Over Shoulder Weight 3	65	180	295	410
50 Double Unders	115	230	345	460
TIE BREAK TIME			TIME	

TEAM NAME: _____ CAT: _____ SCORE: _____ TIME / REPS

TIE BREAK ATHLETE 1 _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 4:

TEAM NAME: _____ CAT: _____ SCORE : _____ TIME / REPS

TIE BREAK TIME : _____

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____