

EVENT 4: I HIT ROCK BOTTOM

ELITE – RX - MASTERS

8 MIN TIME CAP

Worm Upstairs Carry (30 steps)

12 Worm Thrusters

Worm Downstairs Carry (30 steps)

12 Worm Alternating Overhead Lunges (*)

All divisions

4 Person Worm

Worm Weight: 165 kg

MASTERS

(*) Worm Alternating Lunges

NOTES & FAQ

- Workout Starts with All 4 Athletes on the top of the stairs
- After the countdown teams must run downstairs to pick the worm and carry upstairs to start performing the first round of thrusters
- During the carry upstairs / downstairs worm must be resting on the shoulders **of all 4 athletes**.
- Failing to do so or dropping the worm on the stairs will require teams to restart the section from the top or bottom accordingly

Worm Overhead Lunges

- All 4 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set.
- After the clean, all 4 athletes must reach the overhead position.
- All 4 athletes must reach with the floor with the same knee at the same time before starting again
- Rep is credited when all 4 athletes are standing with legs and hips extended
- Masters will not required to have the worm overhead during lunges

Worm Thrusters

- All 3 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set. Squat clean is not permitted.
- After the clean, all 3 athletes will squat below parallel and perform a thruster with the worm landing in the opposite shoulder at the end of each rep,
- For the rep to be credited the worm must clearly passed over the head of all three athletes while maintaining contact at all times with the worm. If one or more hands leave the worm during the overhead portion it will be considered a no rep.

FUELLED BY

LSKD

QUALIFYING EVENT



SCORE CARD: I HIT ROCK BOTTOM

EVENT 4: I HIT ROCK BOTTOM

ELITE – RX - MASTERS

8 MIN TIME CAP

- Worm Upstairs Carry (30 steps)
- 12 Worm Thrusters
- Worm Downstairs Carry (30 steps)
- 12 Worm Alternating Overhead Lunges (*)

	Upstairs	Thrusters	Downstairs	Squats
ROUND 1	10	22	32	44
ROUND 2	54	66	76	88
ROUND 3	98	110	120	132
ROUND 4	142	154	164	176
ROUND 5	186	198	208	220
ROUND 6	230	242	254	264
ROUND 7	274	286	296	308
ROUND 8	318	330	342	352
ROUND 9	362	384	394	404
ROUND 10	414	426	436	448
ROUND 11	458	470	482	494
ROUND 12	504	516	526	538
TIE BREAK R1				
TOTAL REPS AT TIME CAP				

TEAM NAME: _____ CAT: _____ 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

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

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____