



# ELFIT 2016 Scaled Teams Workouts

## Workout 1

### "Squats and Sprints Relay"

20 Air Squats

Suicide Run (2-4-6-8-10-12 meters)

## Welcome to ELFIT 2016

The First Team Qualifier WOD is "Squats and Sprints Relay"

In this relay each team member will start by doing 20 Air Squats then start the shuttle sprints of 2-4-6-8-10-12 meters then athlete must tap the Second athlete to start and so on with the third athlete until the whole team is done.



## 1 Minute Rest

### Workout 2

“The Chipper”

1 Round for Time

200 Single Unders

20 Wall Balls

10 Synchronized Burpees

20 Overhead Lunges (R/L 1)

10 Synchronized Burpees

30 Kettlebells Swings

10 Synchronized Burpees

30 goblet squat

10 Synchronized Burpees

40 box jumps over

200 Single Unders

Time Cap: 10 min

This workout is a team chipper workout with 7 motions to be divided between the team members; that 2 athletes will perform 2 motions and 1 athlete will perform 3 motions and the whole team will perform 10 synchronised burpees in between motions.

#### **Workout 2 Notes:**

Time Cap: 10 Minutes.

Wall Ball Weight Open: 20/14 lbs.

KB Weight Open: 20kg/12kg

Box Height Open: 24' / 20'

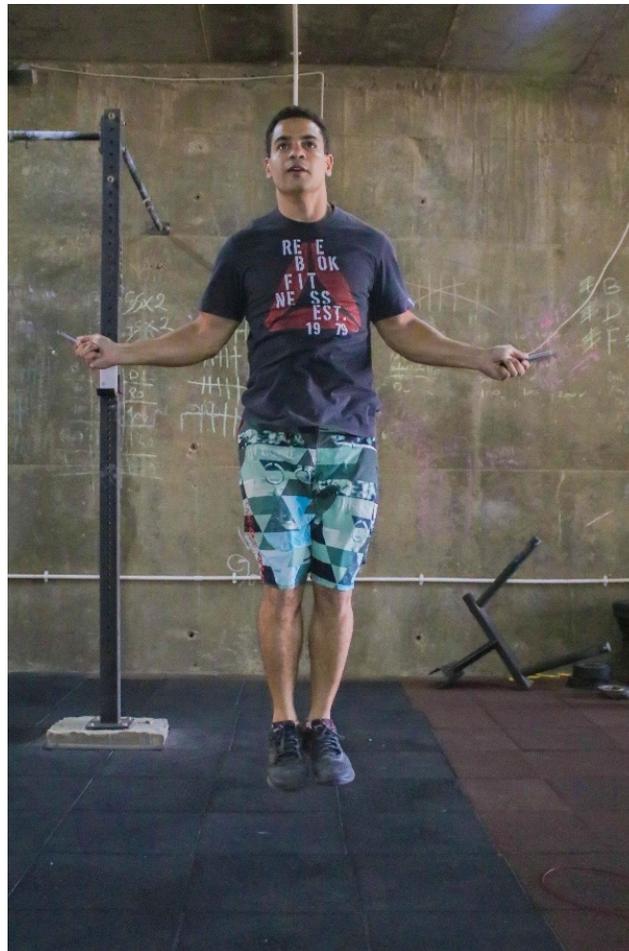
\* Score: Time needed to complete the workout, for each rep not completed an extra second is added to the time cap.

\*A clear tap when switching athletes should be visible and clear for the reps to count.

## The Motion standards

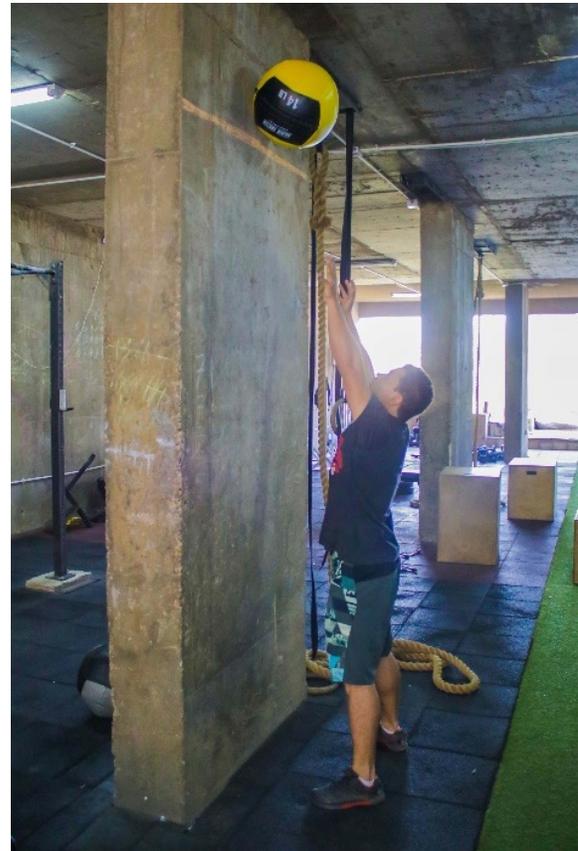
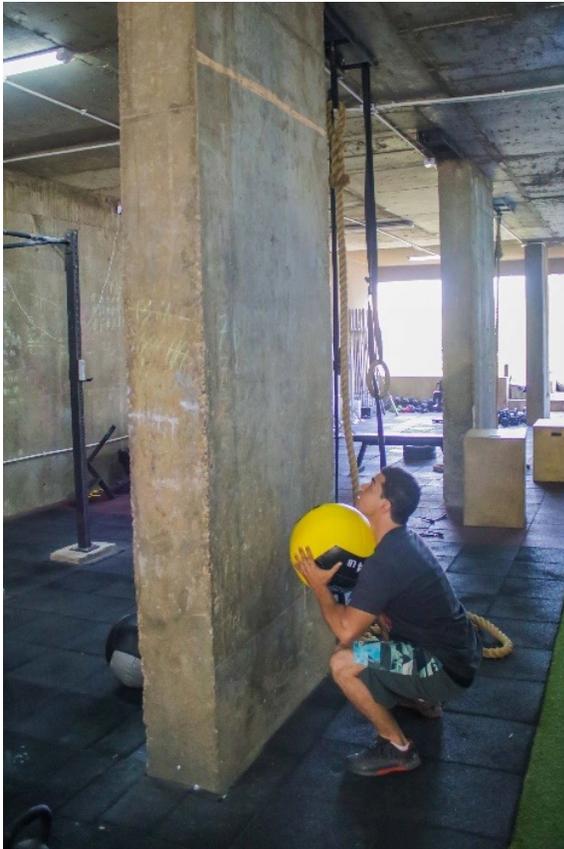
### Single Unders

For the rep to count the rope must rotate forward once around the body when the athlete jumps.



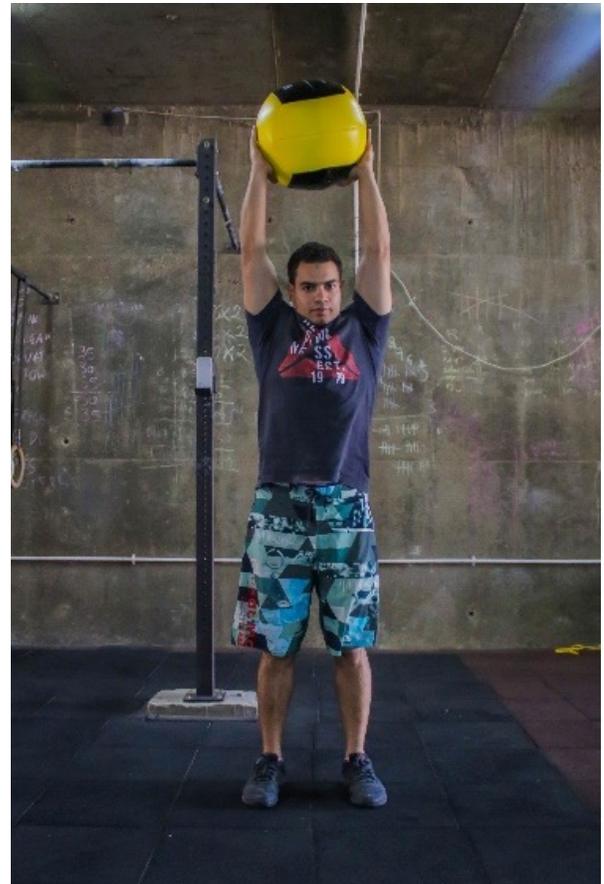
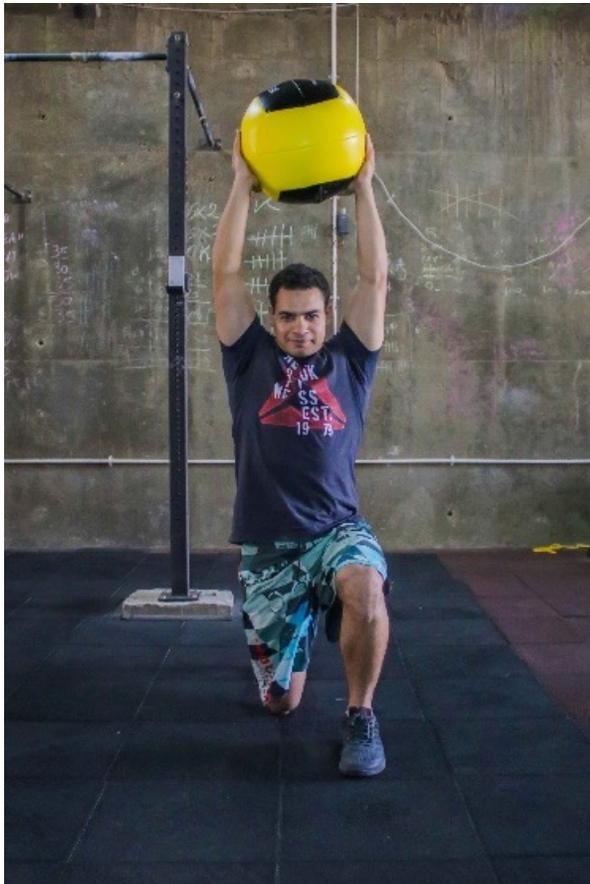
### Wall Balls:

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the target. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.



### Over-Head Lunges

Athlete must start with both feet aligned holding the ball overhead with the arms fully extended, The trailing knee must make contact with the ground at the bottom of each lunge. The ball must remain overhead for the duration of the repetition. The rep ends with the ball still overhead and the athlete standing tall with the hips and knees fully extended. Both legs must be fully extended. The athlete must alternate which foot leads for each rep. If at any point the weight comes into contact with the head or body then it's a no-rep .



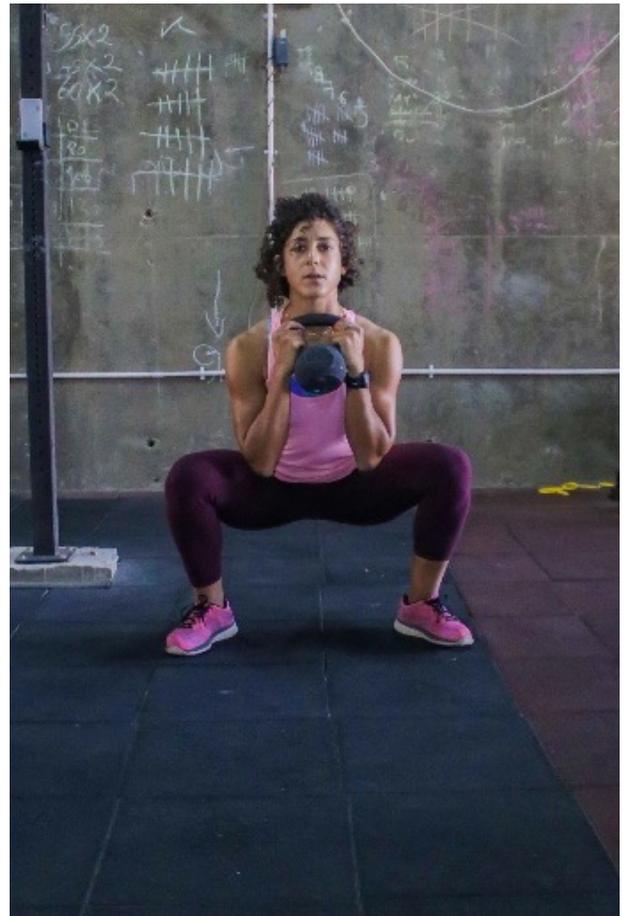
**KB Swings:**

At the top of the swing, the kettle bell must be fully inverted (bell over the handle), centered over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs.



**Goblet Squats:**

Athlete will be holding the Kettlebell in front of his chest will performing the squats, the hip crease should break the horizontal line of the knee in each rep at the bottom of the squat, at the top of the squat the athlete should come to full extension and the shoulders waist, hips, knees and heels should be in line for the rep to count.



### **Box Jump Overs:**

The rep starts with the athlete standing tall at one side of the box and ends when both feet pass over the box and land on the other side. Stepping up is not allowed, stepping down is. If any body part touches the box other than the bottom of the feet then it is a no rep, if the athlete jumps from around the box then it is a no-rep.

### **Synchronised Burpees:**

All Team members should perform the Burpees together in a synchronised manner.

The athlete's chest must make contact with the ground before the athlete can jump back up to the starting position. Athlete must jump and touch hands over head at top of burpee, reaching full extension of hips. Feet need to visibly leave the ground at the time of full hip extension during the jump.





**10 Minutes Rest**

**Workout 3**

**"Team Run"**

**For time:**

**Around 1.5 MILES / 2.4 KM Run**

**The whole team will run the distance together.**

