



# 2021 TEAM WORKOUT

## Event 2 - Sand & Suffering

This is as much about strategy as it is suffering on some of the whitest sand in the world...

Each team has the freedom to share the workload as they desire i.e. you can choose to each have a turn at the various segments of the workout or, for example, you can choose one person to do all the paddling and a particular pair to complete 12 minutes of the ladder (ouch!).

It's up to you! All we can guarantee is that it will be sandy and you will suffer.

### Advanced Teams

In 12 minutes, complete as many rounds & reps as possible of:

- 1 person always working through 240m surf paddle
- 1 person resting holding keg (standing position - above the knees)
- 2 people working through the following ladder
  - 60 Synchronized American Kettlebell Swings
  - 40 Synchronized Single Arm Kettlebell Front Rack Lunges
  - 20 Synchronized Single Arm Kettlebell Thrusters

M: 24-kg | F: 16-kg | Keg: M45/F25-kg

\*Athletes can swap roles at any time

\*\*Two scores: Complete rounds of surf paddle + total reps on ladder

\*\*\* Penalties will apply if the keg touches the sand during the event

### Intermediate Teams

In 12 minutes, complete as many rounds & reps as possible of:

- 1 person always working through 240m surf paddle
- 1 person resting holding keg (standing position - above the knees)
- 2 people working through the following ladder
  - 60 Synchronized American Kettlebell Swings
  - 40 Synchronized Single Arm Kettlebell Front Rack Lunges
  - 20 Synchronized Single Arm Kettlebell Thrusters

M: 16-kg | F: 12-kg | Keg: M25/F15-kg

\*Athletes can swap roles at any time

\*\*Two scores: Complete rounds of surf paddle + total reps on ladder

\*\*\* Penalties will apply if the keg touches the sand during the event

### Movement Standards

#### Surf Paddle:

One member of the team must start in the designated holding pen with their Rescue Board on the beach immediately next to them, but not touching it. Wetsuits and speedsuits CANNOT be worn.

Once the heat starts that Athlete must pick up their Rescue Board and enter the water with it. Making sure the water is deep enough so as not to damage the board/fin, the athlete will paddle along the designated route at all times keeping the marker buoys on their right. Support craft and/or pacers are not allowed.

Once the athlete returns to the shore they must carry their Rescue Board from the water back to their pen where it is required to gently touch the sand for that surf paddle round to be considered complete.

Whichever athlete is completing the next surf paddle (and it can be the same athlete or a different athlete) they must then pick up the surf rescue board but MUST NOT turn it around inside the pen. They MUST carry it beyond the pen and back to the water before turning it around and climbing aboard.

**NOTE 1:** The Rescue Boards are not to make contact with anything but sand and water. Penalties will be applied if an Athlete causes a Rescue Board to make contact with the metal crowd control barriers, another surf rescue board or another athlete. These boards are kindly loaned to the Games and we need to return them in the same condition that we received them in.

**NOTE 2:** Each completed round of the surf paddle is worth 10 points. Incomplete rounds receive no points.

#### Keg Hold:

The keg must be off the ground, held by a single athlete above the knees in the standing position for the entire duration of this event. The keg can be switched between athletes whenever they choose and as many times as desired, but it must not touch the ground at any time with the event - penalties will apply. The keg can be held using any technique so long as it's above knee height of the standing athlete who is holding it.

For mixed teams, when/if switching a keg between M/F then the second keg (different weight) must be off the ground before the first keg is placed on the ground.



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## **Synchronized American Kettlebell Swings:**

Each athlete's Kettlebell starts on the ground. As a synchronized movement, the athletes must pick up their Kettlebell and begin their swings in unison i.e. reaching the top and the bottom of each swing at the same time.

At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels. There is no requirement for flexing the knees.

## **Synchronized Single Arm Kettlebell Front Rack Lunges:**

Each lunge begins with two athletes each holding one kettlebell in the front rack position, the feet together and the athletes standing tall with hips and knees extended. As a synchronized movement the athletes must step forward into a lunge position.

At the bottom of the lunge, the trailing knee must make contact with the ground with the athletes respective Kettlebell still in the front rack position. The rep is credited when the athletes then bring the forward leg backwards and the feet are reunited with the athletes standing tall with hips and knees extended back in the starting position.

If either athlete drops their kettlebell or moves their feet forward without lunging it shall be Judged as a 'no rep'.

The athletes must alternate which foot leads for each rep. The athlete may choose which arm is holding the Kettlebell and may switch arms as many times as they desire. If they choose to do so, they must cease all movement whilst the change is made.

## **Synchronized Single Arm Kettlebell Thrusters:**

Each athlete's Kettlebell starts on the ground. As a synchronized movement, the athletes must elevate their respective Kettlebell into the rack position. There is no requirement to stand up fully before beginning the thruster, nor is standing up prohibited. The thruster begins when the athlete squats below parallel with their Kettlebell racked on their respective shoulder.

Then, in a single synchronized movement the athletes drive their Kettlebell up out of the squat and overhead. The finishing position has both athletes knees, hips and arms fully extended with their respective Kettlebell stable over the heel.

Once the athletes hit the bottom of the squat, there can be no re-bend of the knees and/or hips, and the feet must remain stationary. The Kettlebell(s) can stop near the top and be pressed out if necessary, but any descent of the Kettlebell (after upward movement in the thruster has begun) constitutes a no-lift. Any stepping, splitting, repositioning of the feet, re-bending the hips or knees or jerking all constitute a no-lift. Going up on the toes is permitted as long as the feet remain stationary.

**Minimum work requirements:** None.