



2021 PAIRS WORKOUTS

Event 2 - Sandbag Brutality

It almost seems a shame to give such a beautifully crafted and elegant event a name such as this but... The sandbag is what it is.

This is how the brutality unfolds...

3 Rounds for time, athletes must complete the following:

- 25MM / 20 MF / 15 FF Cal. Echo Bike
- 20 Box Jump Overs
- 15m Sandbag Carry
- 10 Sandbag Over Shoulder
- 15m Sandbag Carry

M: 70-kg/30-in | F: 45-kg/24-in

Note: While Partner 1 is working, Partner 2 must hold the Keg

Keg Male: 45-kg | Female: 25-kg

*Tiebreak: Completion of the second round of 30 Echo Bike

Time Cap: 10 minutes

Workout Flow

The athletes can share the required work as they choose.

Importantly, from the start of the event the Keg must be held off the ground by the non working athlete at all times. When athletes are transitioning they must hand the Keg to each other without it touching the ground. In the unlikely event that the Keg touches the ground, all work must cease until the Keg is lifted from the ground again. Each time this occurs a 30 second penalty will be applied to the Pairs finishing time i.e. don't put the Keg down until you've finished!

Movement Standards

Echo Bike: The athlete starting the event must stand next to their Echo bike and is not permitted to touch it until the timer has started and their Keg is lifted from the ground by their teammate. Whilst on the Echo bike both feet must remain on the pedals. The Judge will verify when the target Calories have been reached

Box Jump Overs: Athletes must face their box and jump from the ground onto it with two feet i.e. both feet must leave the ground at the same time and land on top of the box at the same time. Athletes are not required to reach full extension on top the box but must jump back off the box onto the opposite side before repeating the movement until their required rep count is achieved. Both jumping and stepping down from the box are permitted

Sandbag Carry: These will be the 'strongman' style sandbags i.e. no handles. One athlete from the pair is required to lift the sandbag from the ground and carry it for the required distance. How the sandbag is carried The sandbag can be dropped and picked back up as many times as the athletes wish. Athletes can switch at any time either but the sandbag must be returned to the ground for each and any such transition i.e. they cannot 'hand it off' whilst still elevated. The sandbag must not be thrown, doing so will incur a 30 second penalty each time

Sandbag Over Shoulder: The sandbag must go from the ground and clearly pass over the top of the athlete's shoulder. The sandbag shall not roll off the side of the shoulder - doing so will be Judged as a no rep (our Judges will be as ruthless as crazed Honey Badgers on these standards so, be warned!)

Keg Hold: The keg must be off the ground, held by one athlete above the knees in the standing position for the entire duration of this event. 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 Pairs, 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