



Presented by Orr Ford • Kia • Nissan

• Saturday & Sunday, APR 24th & 25th 2021

• Shreveport Convention Center

• Shreveport, LA

#3-Run Work Bike

12 Min AMRAP:

- Buy-In: 1000-meter outdoor run
- Then, ARMAP of:
 - 20 Sandbag over shoulder
 - Echo bike for calories 20/14

DIVISION VARIATIONS

- **Elite:** #100/75 sandbag
- **RX:** #100/75 sandbag
- **Masters 40-49:** #75/50 sandbag
- **Masters 50+:** #75/50 sandbag
- **Scaled:** #75/50 sandbag
- **Open Teams:** #135/95 two-man worm over shoulders, 40/28 calories
- **Intermediate Teams:** #135/95 two-man worm over shoulders, 40/28 calories
- **Scaled Teams:** #135/95 two-man worm over shoulders, 40/28 calories

DESCRIPTION: For this workout, the athletes will begin on the event floor in a staggered start in order of lane position. At the call of “3,2,1, go!” the athlete will begin the 1000 meter run by exiting the convention center and proceeding along the designated outdoor route before returning to the competition floor and entering through the rig into his/her assigned lane. **The athlete must touch his/her bag (or worm for teams) to stop the clock and receive a tie break time.** The athlete will then perform 20 total lifts over the shoulder, moving the bag to the next defined lifting section between rounds. After the 20 reps, he/she will then run to the Echo bike positioned in his/her lane to perform the assigned number of calories before returning to the sandbag to continue this couplet for as many rounds/reps as possible in the time remaining.

DAY: Saturday

LOCATION: Main Floor

TIMECAP: 12 minutes (Individuals and Teams)

SCORING: Two scores: run time and total number of rounds and reps completed at 12-minute cap.

TIEBREAK: In the event of a tie, the time to complete the 1000-meter run will be the tie break.

EQUIPMENT

- Sandbags and 2-man worms
- Echo bike

TEAM INSTRUCTIONS

- Team members will run with a short piece of rope and both athletes must always be in contact with rope. A 10-second penalty will be assessed each time one of the members is observed losing contact with rope before crossing the finish line.
- Teams will use a two-man worm instead of sandbags. The worm rep must begin on the floor on one side and end by touching the floor on the opposite side after passing overhead. Reps can be touch-and-go or dropped between reps. Lockout of elbows in full extension while passing overhead is not required.
- Bike can be divided as desired between partners.

MOVEMENT STANDARDS

- **Sandbags:**
 - The sandbag must pass over the top of the shoulder with each rep. Bag can pass over alternate shoulders or not, athlete preference.
 - Each rep must BEGIN (by being lifted from the floor) AND END (by returning to the floor) in the same section of the lane. The bag can only be moved after all reps have been completed in the current round. For instance, the last rep cannot be picked up in one section and walked to the next section to be dropped. THIS WILL BE A NO REP.
- **Echo bike:**
 - Prescribed number of calories must register on monitor before dismount.
 - It is the responsibility of each athlete to reset his/her monitor to zero between bike rounds (don't forget!).