



**TEAM EVENT 3  
STAGE 3 - "THE VICTORY"**

**FOR TIME:** CAP 24Min

FOR TIME - ONE ATHLETE PERFORMS ONE STATION:

- Athlete A: ISABEL
- Athlete B: KAREN (HALF)
- Athlete C: ANNIE
- Athlete D: GRACE

RX M/F	Scale/M/F
Sprint Style Format	
61/43Kg	40/25Kg
20/14lbs 10/9 feet	20/14lbs 9/8 feet
DU Skips/AB-Mat Sit-ups	Single Skips(x2)/Sit-ups
61/43Kg	40/25Kg

**"THE VICTORY" Workout Description**

**RX M/F**

- ISABEL: 30 Snatches for time
- KAREN (HALF): 75 Wall Balls
- ANNIE: 50-40-30-20-10 Double Unders & AB-Mat Sit-ups
- GRACE: 30 Clean & Jerk for time

**ScaleM/F**

- ISABEL: 30 Snatches for time
- KAREN (HALF): 75 Wall Balls
- ANNIE: 100-80-60-40-20 Single Unders & 50-40-30-20-10 Sit-ups
- GRACE: 30 Clean & Jerk for time

**Note: If one Member in Team is unable to do Scale movement He/She may do Adaptive movement.**

**Adaptive M/F**

- ISABEL: 30 Snatches for time with 2 x DB Male 10Kg, Female 5Kg
- KAREN (HALF): Air Thruster with Wall Ball
- ANNIE: 50-40-30-20-10 Single Unders & 50-40-30-20-10 Crunches.
- GRACE: 30 Clean & Jerk for time with 2 x DB Male 10Kg, Female 5Kg

**"THE VICTORY" Movement Standard**

Snatches	The bar begins on the ground and must be lifted overhead in one motion. Ams must show lock-out at the top before returning to touch the ground before the next rep.
Wall Balls	Wall ball starts at the bottom of the squat, hip crease below knee, and thrown to hit the target.
Double-Unders	The rope passes under the feet twice for each jump.
Ab-Mat Sit-ups	Athlete will perform the sit-up with an Ab-Mat. Rep starts with feet together, shoulders on the ground and fingers on the floor overhead. Rep finishes with shoulders in-front of hips and fingers touching floor past feet.
Clean & Jerk	Bar starts on the ground to the shoulder in one smooth motion. The Athlete will then take the bar from the shoulder to overhead. Rep is completed when the Athlete stands up to full extension with the bar overhead and feet under the hips.
Wall Ball Air Thrusters	Rep starts with the wall ball on the chest. Athlete will squat, hip crease below knee, and then take the wall ball to overhead and feet under hips.
Sit Ups	Rep starts with feet together, shoulders on the ground and fingers on the floor overhead. Rep finishes with shoulders in-front of hips and fingers touching floor past feet.
Crunches	Rep starts with feet together, shoulders on the ground and hands behind the head. Rep finishes with the athlete performing a crunch until shoulder blades lift from the ground.

**"THE VICTORY" Equipment**

- One 20lb Wall Ball and One 14lbs Wall Ball - 10/9/8 Feet marking against wall/Rig to perform "Wall Ball"
- One Ladies Bar and One Mens Bar
- Plates for RX M/F and Plates for Scale M/F
- Two 10Kg DB and Two 5Kg DB for Adaptive
- Skipping rope
- Sit-Up mat
- Ab-Mat

**"THE VICTORY" Scoring**

Your score will be total ELAPSE TIME to complete all reps.  
Each uncomplete rep will be = 1 sec added to the 24 min time cap