



**TEAM EVENT 1
STAGE 1 - "THE UNKNOWN"**

FOR TIME:	CAP 24Min		
BUY-IN: Whole team runs 400m		RX M/F	Scale/M/F
		All	All
THEN:			
150 CTB Pull Ups		CTB Pull Ups	Pull Ups
150 Hand-Stand Push Ups		Hand-Stand Push Ups	Hand Release Push Ups
150 Synchronised Air Squats		Sync. Air Squats	Sync. Air Squats
BUY-OUT: Whole team runs 400m		All	All

"THE UNKNOWN" Workout Description

RX M/F

- All Team Members Run Together
- 150 CTB Pull Ups, One Athlete performs 1 set of unbroken CTB Pull Ups, and then runs 200m to get back to in line for next set
- 150 Hand-Stand Push Ups, One Athlete performs 1 set of unbroken Push Ups, and then runs 200m to get back to in line for next set
- 150 Synchronised Air Squats, The whole team completes the Squats and performs a 200m penalty run if any athlete stops moving.

Scale M/F

- All Team Members Run Together
- 150 Pull Ups, One Athlete performs 1 set of unbroken Pull Ups*, and then runs 200m to get back to in line for next set
- 150 Hand Release Push Ups, One Athlete performs 1 set of unbroken Hand Release Push Ups, and then runs 200m to get back to in line for next set
- 150 Synchronised Air Squats, The whole team completes the Squats and performs a 200m penalty run if any athlete stops moving.

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

Adaptive M/F

- Replace Pull Ups with Ring Rows
- Replace Hand Release Push Ups with Box Push Ups
- Replace Run with Row

"THE UNKNOWN" Movement Standard

CTB Pull Ups	Chest must come into contact with the bar at the top of the rep. Kipping is allowed.
Hand-Stand Push Ups	The athlete begins with arms locked out, heels in contact with the wall, hips open, and body in line with the arms. Only the heels may be touching the wall at the start and finish of each rep. At the bottom, the head must make contact with the ground. The surface must be level. Feet must remain inside the width of the hands.
Pull Ups	Chin must be over the bar at top of the rep. Kipping is allowed.
Hand Release Push Ups	The chin, chest, stomach, and thighs touch the ground at the same time. Hands must fully lift from the ground to show hand release, before pressing up to the extended position. Arms fully extended at the top.
Sync. Air Squats	Start in fully extended position. Pass through a full squat with hip crease below the knee. Stand back up to fully extended position. Sync will be counted at the top of the rep.
Run	All team members run together holding a rope, next movement cannot start until all team members are back in their station. Penalty of 5 Burpees if any team member lets go of rope.
Ring Row	Feet start below the rings. Arms start in extended position and end with hands next to the athletes chest.
Box Push Up	Knees directly under the hips. Hands directly under the shoulders. Push up position until elbows in 90 degrees at bottom position. Rep is credited when arms are fully extended at the top.

"THE UNKNOWN" Equipment

- Rig for CTB & Pull Ups
- Mat for Hand-Stand Push Ups & Hand Release Push Ups
- 3m rope for the team 400m run

"THE UNKNOWN" 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