

## **Event 2:**

12 Minutes

### **3 Rounds:**

Female 1 brings a D ball and sets it next to the bike and then does 2 rope climbs while Female 2 goes to the Assault Bike and bikes 8 calories. Female 2 waits on the bike until she has all 8 calories completed AND Female 1 has completed both rope climbs. Female 1 picks the D ball back up and both athletes return together to the start line where Female 1 hands the D ball to Male 2 and Female 2 tags Male 1.

Male 2 brings the ball and sets it next to the bike and then does 2 rope climbs while Male 1 bikes 12 calories. Male 1 waits on the bike until all 12 calories are completed AND Male 2 has completed both rope climbs. Male 2 picks the D ball back up and both athletes return together to the start line where Male 1 tags Female 1 and Male 2 hands the D ball to Female 2.

Female 1 now goes to the bike and bikes 8 calories while Female 2 brings in the D Ball and does 2 rope climbs. Female 1 waits on the bike until all 8 calories are completed AND Female 2 has completed both rope climbs. Female 2 picks up the D ball and both athletes return together to the start line where Female 2 gives the D ball to Male 1 and Female 1 tags Male 2.

Male 2 now goes to the bike and bikes 12 calories while Male 1 brings in the D Ball and does 2 rope climbs. Male 2 waits on the bike until all 12 calories are completed AND Male 1 has completed both rope climbs. Male 1 picks the D Ball back up and both athletes return to the start line.

This constitutes one full round, each team will do THREE FULL ROUNDS.

There is a 12 minute cap on this workout. Teams will receive a time or score. Score will be CAP (time cap) PLUS any remaining reps.

Every calorie is worth 1 point

Each rope climb is worth 5 points

Each full round will be worth 80 points total

Rope Climbs will be to a 15' target. Athletes may NOT drop until both hands are below the designated 8' mark on the rope.

Modified rope climbs will be allowed for 50+ and Open divisions. Modification will be 5 rope descent/ascents per regular rope climb.

#### **Open/50+**

40# D Ball

Modified Rope Climbs

Allowed (5:1)

#### **40+**

60# D Ball

No RC modification

#### **RX'd**

60# D Ball

No RC modification

There will be a 3 minute rest between this event and event 3.