

W.O.D 1

IN ASSOCIATION WITH
LESMILLS

LOCATION: TAKAPUNA BEACH (THE IMAGES ARE FOR MARKETING PURPOSES ONLY)
FORMAT: ALL 4 MEMBERS
TIME: 40 MIN TIME CAP



WORKOUT ALL DIVISIONS

40 Squats with Worm shouldered
40M Lunge with Worm shouldered
40 Shoulder to Overhead (alternating Shoulders)

Return Worm back to start.
100M swim
200m Stretcher carry
1km Waka paddle

OVERVIEW:

Teams will run to worm, pick it up and perform 40 squats synchronised then do 40m lunge synchronised, last person must be over the 40m mark. Once the lunges have finished the team must complete 40 synchronised shoulder to overhead alternating shoulders. Once shoulder to overhead are finished the team will run back to the worm start line and carefully place the worm down. Teams must not be dropped.

Teams will then run to beach and out to roughly chest height marked by a buoy in the ocean then swim parallel along the beach for 100m until reach next buoy where the team will head back to the beach. At any time you could stand if you should choose to rest. Once the entire team has exited the water the team will immediately move to the stretcher run.

At every 50m, a team member must swap out the "patient" role. This is 100m out and back. The stretchers are placed down carefully.(note there will be three people carrying and one on the stretcher. The team then runs to the wakas to commence their 1km paddle. A steerer is provided for each waka

MOVEMENT STANDARDS:

WORM LUNGE

The entire team must lunge in sync and back knee must touch the ground.

WORM SQUAT

The entire team must squat with their hips below the knees and must be synchronised. At the top of the movement the hips must be locked out.

WORM SHOULDER TO OVERHEAD

The entire team must have worm on the same shoulder and may use any of the presses (Strict, Push Press) complete the 40 reps. The worm must pass over the head with the use of the arms. Care must be taken in the run back to the start to prevent tripping, falling or getting fingers trapped in the worm.



SWIM

Any stroke is permitted including walking in chest height water. We suggest staying as a team but this is not a requirement.



STRETCHER RUN

The team must decide who will be "patient" and then remaining three carry to the 50m mark where the team rotates to the next member to be "patient" each person will take turns as a "patient" You may use any configuration on the stretcher to carry your "patient". Once back at the start and the final Patient is off the stretcher the team moves off the Waka.



WAKA

Each Waka will have a steerer. The team must get the Waka into the water and paddle the 1km. Once the Waka is back on the beach and all paddles are stowed in the waka the team runs to the finish cone for time.



SCORING

Scoring is 1st place is 1 point, second place is 2 points etc. Failure to finish in the timecap will be the time of 40min plus remaining time will be 1 point per minute added your placing (e.g. team take 43 minutes there score will be there placing plus three points)