



EVENT 4



3 rounds: AMRAP 5



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20 Air Squats
50' Sandbag FR carry (70)
20 Synchro Abmat Situps
50' Sandbag FR carry (70)



AMRAP 5

20 Medball (14) Goblet Squats
50' Sandbag FR carry (70)
20 Synchro Abmat Situps
50' Sandbag FR carry (70)



AMRAP 5

20 Wallballs (14) (10'/9')
50' Sandbag FR carry (70)
20 Synchro Abmat Situps
50' Sandbag FR carry (70)

*total reps

- Event 4 is 5 min AMRAP performed with 3 pairs of teams (FF, MM, MF).
- Each team will have 2 abmats, 1 sandbag (70), 1 medball (14lbs)
- **Movement standard – Sandbag carry:** Sandbag must be held in front of the athlete from point A to point B.
- **Movement standard – Synchronized Abmat Situp:** Both partners must have their shoulders on the ground at the same time in for the synchronized rep to count. Hands must touch their shoes or the ground for a good rep. 1 synchronized rep is counted when both athletes perform an Abmat Situp.

100 pts