

EVENT 4: “WINTER’S BALL”



WINTER CLASSIC

IN ASSOCIATION WITH **CrossFit**

One Team Division: 2 Men & 2 Women

For Time: 27 Minute Cap

Buy In: 1 Mile Run on TrueForm Runner and 2,000 Meter Row on Concept2 Rower

5 Rounds:

- 30 Synchronized Wall Ball Shots to 10' Target 20 LBS (Men) / 14 LBS (Women)
- 20 Synchronized Toes to Bar

Cash Out: 100 Feet of Synchronized Dumbbell Overhead Walking Lunges 50 LBS (Men) / 35 LBS (Women)

Event Overview

Event 4 begins with all four athletes standing under the pullup bar. At the call of “GO”, athletes advance and begin the 1 mile run and 2k row. Two athletes will be working at the same time and teammates may substitute as desired.

Next, the team will move to the rig and begin 5 rounds of 30 synchronized wall ball shots and 20 synchronized toes to bar. Teams will work in mixed gender pairs, 1 female and 1 male. Wall balls must be completed before moving on to toes to bar. Athletes may substitute as desired throughout the 5 rounds. There must always be mixed genders working simultaneously.

- Wall ball shot synchronization begins when both athletes are below parallel in their squats. Balls will be thrown and must successfully hit the target for the rep to count. If a shot is missed, athletes must restart the rep in the synchronized squatting position.
- Synchronized toes to bar reps will be scored when athletes' toes touch the bar at the same time.

Finally, the team must perform 100 feet of synchronized dumbbell overhead walking lunges. **ALL ATHLETES WILL LUNGE THE FIRST 50' WITH THEIR RIGHT ARM HOLDING WEIGHT OVERHEAD AND COMPLETE THE SECOND 50' WITH THEIR LEFT ARM HOLDING WEIGHT OVERHEAD.** To perform lunges, the male athletes will synchronize their steps and lunge down the floor until they clear the first 50' segment. Once they finish, female athletes will follow suit. Once the females finish the first 50', male athletes will begin the second 50' segment. Once they finish, the females will follow suit.

The workout will end once all four athletes complete the second 50' segment, place their dumbbells on the floor, then cross the finish line. Once the last athlete crosses the finish line, time will stop.

DROPPING THE DUMBBELL IS NOT PERMITTED AT ANY TIME. If this happens, your team will be assessed a 10 second penalty for each drop.

Programmed by Scott Panchik

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