



## The Crusader Series Scorecard EVENT 4

### **WORKOUT -**

#### ***FOR TIME***

30-20-10

Calorie assault bike

Bar facing burpees

Time cap 11:00

### **WORKOUT DESCRIPTION -**

#### ***Division Standards:***

All divisions must complete the same workout as prescribed to the same movement standards.

#### ***Scoring:***

Your score will be the time it takes you to complete the workout. If you do not complete the workout, your score will be the number of reps.

Tie breaker - please take note of the time you finished your last complete set of burpees.

#### ***Flow:***

Prior to 3,2,1 go athletes will be standing behind their assault bike with both hands placed on the seat of the bike. The screen may be turned on but it must read 0 calories prior to starting.

Once the workout has begun, athletes may get on the bike to begin their calories. Once the athlete completes the first 30 calories the athlete will begin 30 bar facing burpees. Athletes will then complete the rep scheme 20 and 10 for both movements to complete the workout, or continue in that order until the time cap.



## ***Movement Standards:***

### *Assault Bike*

The athlete must begin the workout **STANDING** behind the bike with two hands touching the seat. After 3,2,1 go then the athlete may get on the assault bike. The assault bike must have 0 calories displayed on the monitor but may be switched on. Each time the athlete hops on to the assault bike, the bike calories **MUST** be reset back to 0.

### *Bar facing burpees*

The burpee must be completed with the body perpendicular to the bar. The rep will begin with the athlete lowering themselves down to a chest-to-deck position with thighs also touching the ground. Shoulders must be square facing the barbell. The athlete may step up or jump to their feet, **BUT** must jump with a two foot take-off to land on the opposite side of the bar. The athlete does not need to land with both feet at the same time.

The rep is completed when the athlete lands on the other side of the barbell. The next rep cannot begin until the athlete's body is facing the barbell again.

You may step down into the bottom position and you may step up but again, but you **MUST** jump with two feet over the bar. Turning and twisting in mid air is permitted so long as you have a two foot take-off.

If an athlete touches the bar with the feet on the way over the bar, this will be considered a “no rep”. The athlete must then go back to the side in which they jumped from and perform that burpee again from the beginning.

Athletes do not need to jump to full extension over the bar.



## SCORECARD - WORKOUT 4

Athlete Name \_\_\_\_\_

Gym \_\_\_\_\_

Date \_\_\_\_\_

### ***FOR TIME***

30-20-10

Calorie assault bike

Bar facing burpees

Time cap 11:00

	30	20	10
Calorie Assault Bike			
Bar facing burpees			

Time \_\_\_\_\_

Judge Signature \_\_\_\_\_

Athlete Signature \_\_\_\_\_