



LEVEL UP YOUR FITNESS

WITH THE 2023 BATTLE

WORKOUT RELEASE

EVENT 4 - CARDIO

In a 15 Minute time cap, complete as many reps as possible:

Station 1

120 / 90 Assault Runner Calorie BUY IN, to MAX Calories (Shared)
Into

Station 2

120 / 90 Assault Bike Calorie BUY IN, to MAX Calories (Shared)
Into

Station 3

Maximum Double Unders (Shared)

*Each station will need to be unlocked before progressing

*Read EVENT FLOW

Event Variations:

Open Division

♂ 120 Calories, Double Unders
♀ 90 Calories, Double Unders

Masters Division

♂ 120 Calories, Double Unders
♀ 90 Calories, Double Unders

Scaled Division

♂ 120 Calories, Double Unders
♀ 90 Calories, Double Unders

Foundational Division

♂ 120 Calories, Single Unders
♀ 90 Calories, Single Unders

EVENT 4 - CARDIO

Presented By



EVENT FLOW:

Team members A, B and C will start behind the starting line. At the call of 3,2,1 GO. The 15 MIN AMRAP will begin. Team member A will start the workout, team members B + C will remain in the holding area. Starting with station 1, the Assault Runner, the team will work to accumulate the required calories, swapping team members as needed. Two athletes in the holding area at all times during station 1. Once the runner reflects the correct amount of calories, station 2, the Assault Bike station will be unlocked. Here, athletes will be working to get the required calories on the Assault Bike, while scoring additional calories on the runner. At least 1 athlete will be in the holding area at all times during station 2. Once the Assault Bike reflects the correct amount of calories, station 3, the Double Under station, will be unlocked. Here, all three athletes will be working, one per station, to accumulate a maximum amount of calories on the runner and bike as well as a maximum amount of double unders.

Team members will need to enter and exit the runner from the side and utilise the handles for stabilisation only which must be released within 4 strides after making contact. Failure to do so will result in a time penalty.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

The number of repetitions completed in 15 minutes.

Assault Runner Cals + Assault Bike Cals + Double Under Reps

*All scores will accumulate points based off CompMetrics Z -Scoring algorithm that allocates points based off performance measured against the group.

