



LONDON SUMMER FESTIVAL '22

ELITE WORKOUTS





ALL GAS, NO BRAKES

FRIDAY NIGHT LIGHTS WORKOUT 1

Presented by Samsung
22MIN TIME CAP

- 50 Burpees to plate
- 3 (males) athletes rope run 650m - 2 athletes (female) 1K/800M row + 2K/1.6K bike*
- 25 Burpees to plate
- 2 athletes (female) rope run 650m - 3 athletes (male) 1K/800M row + 2K/1.6K bike
- 25 Burpees to plate
- All athletes run 650m
- 1K/800M row + 2K/1.6K bike
- 25 Burpees to plate

SCORE A = FOR TIME

SCORE PART B = In remaining time of 22min cap, Max distance ski for Score (B)

*

	<i>Male Teams</i>	<i>Mixed Teams</i>	<i>Female Teams</i>
<i>Bike</i>	<i>2,000m</i>	<i>2,000m</i>	<i>1,600m</i>
<i>Row</i>	<i>1,000m</i>	<i>1,000m</i>	<i>800m</i>

Rules

Teams will get 1 plate for burpees, 1 rower, 1 bike, 1 rope and 1 ski. Teams will divide into a sub team of 2 female athletes and another of 3 male athletes for the first 2 rounds of erg distances.

STANDARDS

- On go the first working athlete may progress to the plate and begin the burpees to plate. All other athletes must remain behind the start line. To change athletes the working athlete must return to the start line and tag in the next athlete.
- The plate must be advanced forward after 25 burpees.
- Once the burpees are complete all athletes will advance to the ergs, 3 athletes (male athletes) will pick up the rope and run 650m, all 3 athletes must remain in contact with the rope at all times. The 2 remaining athletes (female athletes) will complete a 1K Row + 2K Bike. If the 3 athletes complete the run before the erg distances are complete they can assist on the ergs.
- Only once both the run and the erg distances are complete can teams start on the next 25 burpees to plate.
- When the burpees are complete the 2 female athletes will run 650m holding the rope and the 3 male athletes will complete a 1K Row + 2K Bike. If the 2 athletes return before the erg distances are complete they can assist on the ergs.
- Only once both the run and the erg distances are complete can teams start on the next 25 burpees to plate.
- When the burpees are complete all athletes will run 650m, without the rope.
- All athletes must be back from the final 650m run before teams begin the final 1K Row + 2K Bike.
- Teams will then complete a final 25 burpees to plate, when these are complete the time will be the score for Part A of this workout.
- In the remaining time of the 22 min time cap teams will perform a max distance ski for a score for Part B of the workout.



TALLADEGA NIGHTS

FRIDAY NIGHT LIGHTS WORKOUT 2

Presented by HWPO & FITR

10MIN TIME CAP

Teams complete in waterfall style

- 10 Sandbag squats
- Sled push to rig
- 1 Rope climb
- Sled push back to sandbag
- 10 Sandbag squats

SCORE = FOR TIME

Rules

Teams will perform waterfall style with one athlete working at a time. All non working athletes must remain behind the start line. The working athlete must complete all of the above before returning to the start line to tag in the next athlete. The clock stops when the final athlete crosses the start/finish line.



UNDER ARMOUR ARENA – BARBELL COMPLEX

Presented by Under Armour

15MIN TIME CAP
0 - 15 min

Each athlete will establish a 1 rep max of the following complex.

- 1 Hang Clean
- 2 STO
- 1 Hang Clean

SCORE = ATHLETES BEST LIFTS ADDED TOGETHER

Following the completion of the 15min timecap, athletes will have a 2 minute transition, before immediately beginning 'FLIP IT' workout.

UNDER ARMOUR ARENA

Teams will get 1 male + 1 female bar + plates to share. Collars **MUST** be on for a lift to count. One athlete lifting at a time. Athletes will have 15 minutes to set their best lifts. After the 15 minute time cap, athletes will have a 2min transition, before starting workout 'FLIP IT' in the same arena.

STANDARDS

Hang clean - The bar will start on the ground. Athletes must deadlift the bar into the hang position. Athletes must perform 1 hang clean, this can be power or squat. From the hang position athletes must clean the bar into a front rack position with legs straight, hips open and elbows through for the rep to count. From this position, athletes will then transition to the STO.

Shoulder to Overhead - STO - From the front rack position, athletes will perform 2 shoulder to overhead reps. Push press, push jerk or split jerk are all acceptable lifts. For the rep to count, the athletes feet must be parallel, legs straight, hips open and arms straight with the bar overhead and under control.

Athletes must wait for the signal from their judge indicating a good rep before dropping the bar back into front rack to perform the second STO, after the second STO athletes must again wait for the signal from the judge before lowering the bar to perform the final hang clean.

- The lift must be completed on the lifting platform. If the athlete moves off the platform or drops the bar off the platform the rep will not count. For the rep to count, the plates / bar must not touch the platform in between the 4 movements. Following the completion of the second hang clean, and a signal from the judge of a good rep, the athlete may drop the barbell on the lifting platform.



UNDER ARMOUR ARENA - FLIP IT

Presented by Under Armour

4MIN WORKOUT

- Teams will have 4 min to accumulate max rep Pig flips

SCORE = NUMBER OF FLIPS

UNDER ARMOUR ARENA

Following the conclusion of the barbell complex at the 15 minute mark, the clock will reset to 0 and teams will have 2 minutes to deload their bars and make their way to the flippers. Teams will start at minute 2 on the clock and work for 4 minutes (2-6mins on the clock). 1 male Athlete or 2 female athletes will be working at a time on the flipper, other athletes waiting behind the start line. The working athlete(s) may change at any time by tagging behind the line.

The pig must be flipped up the lane until the front of the pig crosses the line - some 12 metres. At this point the athletes move to the other end of the flipper, and the pig will be flipped back down the lane.

Two female athletes may flip the pig at the same time, male athletes must flip by themselves.

If any part of the pig crosses into another lane, the athlete must immediately pull back into the correct lane and that rep will not count. Teams will have 4 minutes to accumulate as many flips as possible.



BLK BOX ARENA - GAME TIME

Presented by BLK BOX

15MIN AMRAP (As Many Reps/Rounds As Possible)

- 100 Partner wallballs
- 75 Synchro alternating dumbbell snatch
- 50 Synchro toes to bar
- 25 Sandbags over wall
- 10 Synchro burpee pull ups
- 5 Rope climbs

*2 Athletes in KB farmers hold at all times

*At some point during the 15min teams must complete a 1K row.

SCORE = TOTAL REPS

RULES

- For the full duration of the workout the kettle bells must be held off the floor in a farmers hold even when exchanging them between athletes. Each time the kettle bells touch the floor the whole team must stop and perform a 10 synchro down up penalty at the start line.
- At some point during the workout (must be at the start or end of a full round) the team must stop the AMRAP and complete a 1K row. Teams may alternate athletes on the row as they wish. If a team does not complete the row within the 15 min they will score zero for the workout.
- The athletes holding the kettle bells and all non working athletes must remain behind the start line. To change the working athlete/s you must return to the start line and tag in the next athlete.



OPTIMUM NUTRITION ARENA SANDSTORM

15 MIN AMRAP (As Many Rounds / Reps as Possible)

Teams complete AMRAP of the following,

- Sub Team 1 complete 18 Sandbag to shoulder
- Sub Team 2 complete 250m run, then
- All athletes complete Concept2 30cal bike + 30cal ski

SCORE = REPS

Each Round is worth 80 reps (18 reps for Dball, 2 reps for run, 60 reps for cals)
Teams will form into two sub teams - Sub team 1 and Sub team 2. One team will be 2 athletes (female) and one team will be 3 athletes (male) - athletes must stay in these sub teams for the duration of the workout while on the bag reps or run. On go, sub team 1 will set off on the 250m run, while sub team 2 will perform the sandbag to shoulder reps. Once the team is back from the run and the reps on the sandbag are complete, teams may begin on the bike and ski to achieve the set cals - they may rotate athletes on the ergs as they wish - they do not have to stay in their sub teams on the ergs - any athlete can work on an erg. Once the cals are met, sub team 2 will set off on the run, while sub team 1 will perform the sand bag reps. Sub teams will alternate between the sand bags and the run each round.

On the sand bag reps, athletes must go in a YGIG format, performing 1 rep each at a time. In order to get the 2 reps for the run - all athletes must be back at the ergs for the 2 reps to count. There are no partial reps for the run.



NOCCO ARENA - NOTORIOUS W.O.R.M.

Presented by Nocco
15MIN TIME CAP

- 30m worm lunge
- 10-9-8-7-6-5-4-3-2-1
- Burpees over worm + worm deadlifts + worm thrusters

SCORE A = FOR TIME

*If Part A is completed before the 15 min time cap the team will immediately progress to Part B

SCORE B = Max Zercher squats in remaining time of 15 minutes

RULES

On go, teams will pick up the worm and perform the 30m lunge - 4 athletes on the bag, 1 resting. Teams may swap working athletes on the lunge at any time, however, they must drop the bag in order to do so. The lunge will be 15m up and 15m back. Once the athletes hit 15m and will turn back, they must drop the worm, face the other way and pick it up again to begin the lunge. Once the lunge is complete, teams will chip away at the descending ladder of 10-10-10, 9-9-9, 8-8-8 ... of each of the 3 movements

- At the end of each set of thrusters, teams must place the worm on the shoulder and walk the worm forward to the next box.

Teams may swap working athletes at any time during the reps. If teams wish to swap during the deadlifts or thrusters, they must drop the worm to swap athletes.

If teams complete Part A before the 15 min time cap they will immediately progress to Part B for an additional score in the remaining time.

STANDARDS

Burpees over the worm - All athletes must be facing the same direction with 2 athletes either side and parallel to the worm. All athletes chest and hips must be on the floor at the same time, athletes can then step or jump up and must use a two footed take off to jump laterally over the worm.

Worm deadlifts - All athletes must be on the same side of the worm and not hold at the end. Teams will deadlift the worm from contact with the floor to a position with legs straight, hips open and head and chest behind the worm. Teams must complete the final deadlift of each round fully before cleaning the worm up to the shoulder to begin thrusters.

Worm thrusters - All athletes must be facing the same direction and must perform a full depth squat with hip crease below knee level before standing so that legs are straight and hips are open and passing the worm overhead to the opposite shoulder. Full extension of the arms is not required however athletes are not permitted to duck under the worm with bent legs and closed hips. Teams must ensure all reps are complete by the worm touching their shoulders before dropping the worm to the floor.

Worm lunges - All athletes knees must make contact with the floor at the same time, athletes must then stand so that their legs are straight and hips are open. Stepping through is not permitted.

Worm zercher squats - All athletes must be on the same side of the worm and hold the worm in zercher hold. All athletes must perform a full depth squat with hip crease below knee level and then stand up fully with legs straight, hips open and head and chest behind the worm. 4 athletes working on the worm at all times. To sub in/out an athlete the worm must be placed on the floor.