

BATTLE CANCER 2024 WORKOUT - COMPETE

OVERVIEW

FULL WORKOUT OVERVIEW

5 minutes work at each of the following stations with 4 minutes rest between each one:

Round 1

1. Assault Bike
2. Synchro Deadlifts (2 x 132lb Barbells, 2 x 88lb Barbells)
3. Assault Rower
4. Synchro Burpees Over Obstacle
5. Run

Round 2

1. Assault Bike
2. Synchro Dumbbell Snatch (2 x 50lb Dumbbells, 2 x 25lb Dumbbells)
3. Assault Rower
4. Synchro Sandbag Over Shoulder (2 x 70lb Sandbags, 2 x 50lb Sandbags)
5. Run

WORKOUT DESCRIPTION

ROUND 1:

STATION 1: ASSAULT BIKE

- Athletes start behind the Assault Bikes.
- On the "Go" signal, two athletes climb onto separate Assault Bikes and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: The bike with the LOWEST number of metres is your score. 'Tick over' is included.

Note for Paired Teams: Use one bike. Your score is the cumulative distance achieved.

STATION 2: SYNCHRO DEADLIFTS

- Athletes start at the edge of the Synchro Deadlift station.
- On the "Go" signal athletes make their way to the barbells.
- Athletes work through as many synchro deadlifts as possible in 5 minutes, two athletes working at a time.
- Resting athletes must hold a barbell off the ground at full extension for working reps to count (lifting the barbell as a resting athlete does not count as a rep)
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: Each successful synchro lift is awarded 20 points.

Note for Paired Teams: Deadlifts are individual. One athlete works at a time, not synchro.

STATION 3: ASSAULT ROWER

- Athletes start at the edge of the Assault Rower station.
- On the "Go" signal athletes move to the rowers.
- Two athletes start building distance on the rowers.
- Athletes can switch as desired until the 5-minute time limit is reached.

Scoring: The rower with the LOWEST number of metres is your score. 'Tick over' is included.

Note for Paired Teams: Use one rower. Your score is the cumulative distance achieved.

STATION 4: SYNCHRO TEAM BURPEES OVER OBSTACLE

- Athletes start at the edge of the Synchro Burpee station.
- On the "Go" signal, athletes move into the workout space
- Work through as many team synchro burpees over obstacle as possible in 5 minutes.

Scoring: Each synchro burpee is 1 rep.

STATION 5: RUN

- Athletes start at the edge of the Run station.
- On the "Go" signal, one athlete will step onto the Air Runner and begin accumulating metres.
- The working athlete must wear a weighted vest.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: The maximum number of metres recorded on the Air Runner. "Tick over" is included.

ROUND 2:

STATION 1: ASSAULT BIKE

- Athletes start behind the Assault Bikes.
- On the "Go" signal, two athletes climb onto separate Assault Bikes and begin accumulating metres.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: The bike with the LOWEST number of metres is your score. 'Tick over' is included.

Note for Paired Teams: Use one bike. Your score is the cumulative distance achieved.

STATION 2: SYNCHRO DUMBBELL SNATCH

- Athletes start at the edge of the Synchro Dumbbell Snatch station
- On the "Go" signal athletes make their way to the dumbbells
- Work through as many synchro dumbbell snatch as possible in 5 minutes, two athletes working.

- Resting athletes must each hold a dumbbell above waist height for working reps to count.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: Each successful synchro lift is awarded 20 points.

Note for Paired Teams: Dumbbell snatch is individual. One athlete works at a time, not synchro.

STATION 3: ASSAULT ROWER

- Athletes start at the edge of the Assault Rower station.
- On the "Go" signal athletes move on to the rowers.
- Two athletes start building distance on the rowers.
- Athletes can switch as desired until the 5-minute time limit is reached.

Scoring: The rower with the LOWEST number of metres is your score. 'Tick over' is included.

Note for Paired Teams: Use one rower. Your score is the cumulative distance achieved.

STATION 4: SYNCHRO SANDBAG OVER SHOULDER

- Athletes start at the edge of the Sandbag Over Shoulder station.
- On the "Go" signal athletes make their way to the sandbags.
- Work through as many synchro sandbag over shoulder as possible in 5 minutes, two athletes working.
- Resting athletes must each hold a sandbag in a bear hug at chest height for working reps to count.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: Each synchro sandbag over shoulder is 1 rep.

Note for Paired Teams: Sandbag over shoulder is individual. One athlete works at a time, not synchro.

STATION 5: RUN

- Athletes start at the edge of the Run station.
- On the "Go" signal, one athlete will step onto the Air Runner and begin accumulating metres.
- The working athlete must wear a weighted vest.
- Athletes can switch as needed until the 5-minute interval is complete.

Scoring: The maximum number of metres recorded on the Air Runner. "Tick over" is included

Assault Bike

- Athletes must start standing behind the bike.
- Athletes may change the settings of the bike (height, saddle position) before the workout begins.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Only the athlete seated on the saddle may apply pressure to the pedals to build distance.

Synchro Deadlifts

- The barbell starts on the ground.
- Collars must be placed outside the plates.
- Athletes hands must be outside the knees, Sumo deadlifts are not allowed.
- Resting athletes must each hold a bar off the ground at full extension for working reps to count.
- The lift is completed in synchro and credited when both athletes' hips and knees reach full extension and their heads and shoulders are behind the bar.
- Athletes must lower the bar to the floor and not drop from above the knee.
- Athletes are not permitted to use gymnastic grips or wraps when completing the deadlifts.

Assault Rower

- Athletes must start standing behind the rowing machine.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Only the athlete seated on the rower may pull the handle to build distance.

Synchro Burpees Over Obstacle

- Athletes must start in a standing position facing the obstacle.
- Athletes may jump or step back into the burpee.
- All athletes' chests must be in contact with the floor at the same time.
- Athletes may step or jump forward when returning to the standing position.
- Athletes must jump over the obstacle with a two-foot takeoff.
- When jumping, both feet must be off the ground as they pass over the obstacle.
- There is no requirement to land with both feet at the same time.
- The rep is counted when all athletes have jumped over the obstacle and have feet in contact with the ground.
- Once a rep has been achieved, both athletes can return to the starting point by either stepping back over or around the obstacle.
- Each rep is performed in the same direction and must be obstacle facing.
- A "no rep" will be awarded if contact is made with the obstacle.

Run

- Athletes must start standing behind the air runner.
- The monitor must be turned on and set to zero before starting the workout.
- Athletes may change at any point during the workout.
- Athletes must run wearing a weighted vest.
- Only the athlete on the runner is permitted to apply force to the running surface in order to build distance.
- Only one athlete is allowed to be on the machine at any one time, there must be a clear and obvious dismount of one athlete before the next athlete can begin.
- The handle bars on the machine MUST be held when starting and dismounting from the air runner, NOT during the building distance phase.

Synchro Dumbbell Snatches

- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Athletes must lift the dumbbell in one motion overhead.
- The movement is complete when the dumbbell is above the middle of the athlete's body, with their arm, hips and knees fully extended.
- Synchronisation is at the top of the rep with the dumbbell above head.
- When returning to the starting position, athletes may complete the next rep via touch-and-go, bouncing the dumbbell off the floor is NOT permitted.
- At least one head of the dumbbell must make contact with the floor to allow the next rep to begin.
- Athletes must alternate arms after each successful rep.
- The non-lifting hand or arm may NOT make contact with legs or other parts of the body during the rep.
- A "no rep" will be given for failing to meet the synchro point before lowering the dumbbell to the starting position.
- A clean and jerk is NOT permitted.
- Athletes may NOT receive assistance moving the dumbbell.
- Resting athletes must each hold a dumbbell above waist height for working reps to count.

Synchro Sandbag Over Shoulder

- The sandbag over shoulder starts with the sandbag on the ground.
- Athletes must lift the sandbag in one motion, up and over their shoulder.
- Athletes can also opt to complete the lift in two movements, first to their knees and then over their shoulder.
- The synchronisation is both athletes lifting together but the bag can land at different times.
- Athletes must wait for both bags to land on the ground before picking them up in synchro.
- The sandbag must clearly pass over the top of the athletes' shoulder.
- A "no rep" will be awarded if the sandbag is thrown behind an athlete any lower than the shoulder.

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- Ducking under the sandbag as it passes over the shoulder is NOT permitted.
- Athletes are not required to alternate shoulders.
- The resting athlete must hold a sandbag off the ground in a bear hug, chest high for working reps to count.

----- SCORING SUMMARY -----

ROUND 1:

STATION 1: Lowest distance achieved across both bikes

STATION 2: Each successful rep = 20pts

STATION 3: Lowest distance achieved across both rowers

STATION 4: Number of successful reps completed

STATION 5: Distance achieved

ROUND 2:

STATION 1: Lowest distance achieved across both bikes

STATION 2: Each successful = 20pts

STATION 3: Lowest distance achieved across both rowers

STATION 4: Number of successful reps completed

STATION 5: Distance achieved

FUNDRAISING AMRAP: Total fundraised (every £/\$/€ = 1 rep, every 5 AED = 1 rep)

----- QUESTIONS -----

Any questions relating to the process, movements, standards or scalable options, please contact adam@battlecancer.com.