

# DUTCH ADAPTIVES TEAM CHALLENGE

16 februari 2019 – Workouts



## ENDURANCE CHALLENGE

### 12 Minute AMRAP

5	Target Burpees
24	Bear Crawl (4x 6 meter)
12	Cal. Row

#### **Target Burpees:**

Athlete must fully extend and hit the target above before continue the next rep.

#### **Bear crawl:**

Athlete must keep the hip above the shoulders when performing the bear crawl.

#### **Rowing:**

Athlete must keep rowing until the judge counts the 12 calories.

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## **SPRINT CHALLENGE**

### **4 ROUNDS FOR TIME**

Round 1: 200 Run

Round 2: 200 Jerrycan carry

Round 3: 200 Beam carry

Round 4: 200 Sandbag carry

### **TIME CAP: 15 MIN**

*If the athlete drops the item or stop walking or running there will be a time penalty of 4 seconds.*

#### **Carry:**

Athletes must hit the 100 meter mark to return.

All objects must be off the ground and any type of load carry is allowed.

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## STRENGTH WORKOUT

### AMRAP

- 30 Wall Ball Slams 9/6
- 2 Rope Climbs (4mtr)
- 10 Weighted box step-over (surprise)

Time Cap: 12 Min

#### Wall ball slams:

Athlete must extend arms and hips before descending and slam the ball onto the ground.

#### Rope Climb:

Athlete must start from the ground ( not allowed to touch the rope before the count down) and must hit the 4 meter target. Jumping down is allowed below the 3 meter marker.

#### Box step-over:

Athlete must hit both feet on top of the box before stepping of the box.

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## TECH CHALLENGE

### Lane A

High Wall followed by the Low Wall

Monkey bar

Horizontal net

Incline net

3x 4 meter Rope-CLimbs

**Switch lanes**

*Athletes must perform a 5 rep hand-release push-ups penalty for each obstacle they fail or skip.*

### Lane B

Spaanse ruiter

High net

Pakboard

Hanging sticks

Rings

3x 4 meter Rope-CLimbs

**Switch lanes**

**Time Cap - 12 minutes**