MOLA DI BARI
NO BULLSHIT
TEAM CHALLENGE
20 21

"VALHALLA"
TEAM EVENT 5
31ST OCTOBER 2021

POWERED BY Fittest Freakest

VALHALLA – TEAM EVENT 5 F/F

COMPLETE FOR TIME:
40 CAL SKIERG + 40 CAL BIKERG*
3 ROPE CLIMBS
40 GHD SIT-UPS
2 ROPE CLIMBS
20 SANDBAG CLEANS
1 ROPE CLIMB

WORKOUT VARIATIONS

TEAM F/F: 30 KG SANDBAG + 3,50 m ROPE

* ATHLETE A WORKS ON SKIERG, WHILE ATHLETE B WORKS ON BIKERG. ATHLETE A COMPLETES 15 CALORIES SKIERG, WHILE ATHLETE B RESTS; THEN ATHLETE B COMPLETES 15 CALORIES BIKERG, WHILE ATHLETE A REST. THEY CONTINUE ALTERNATING UNTIL THEY BOTH COMPLETE 40 CALORIES EACH.

40 CAL SKIERG (ATHLETE A)	10	10	10	10
40 CAL BIKERG (ATHLETE B)	10	10	10	10
3 ROPE CLIMBS	1	1	1	
40 GHD SIT-UPS	10	10	10	10
2 ROPE CLIMBS	1	1		
20 SANDBAG CLEANS	5	5	5	5
1 ROPE CLIMB	1			

TIME OR REPS AT TIME CAP

TEAM NAME _____ _____

JUDGE NAME _____

I confirm that the information above accurately represent the team performance for this workout

_____
Team Captain Signature

MOLA DI BARI
NO BULLSHIT
TEAM CHALLENGE
20 21

"VALHALLA"
TEAM EVENT 5
31ST OCTOBER 2021

POWERED BY Fittest Freakest

VALHALLA – TEAM EVENT 5 M/F

COMPLETE FOR TIME:
60/40 CAL SKIERG + 60/40 CAL BIKERG*
3 ROPE CLIMBS
40 GHD SIT-UPS
2 ROPE CLIMBS
20 SANDBAG CLEANS
1 ROPE CLIMB

WORKOUT VARIATIONS

TEAM M/F: 50/30 KG SANDBAG + 4,50/3,50 m ROPE

* ATHLETE A WORKS ON SKIERG, WHILE ATHLETE B WORKS ON BIKERG. ATHLETE A COMPLETES 15 CALORIES SKIERG, WHILE ATHLETE B RESTS; THEN ATHLETE B COMPLETES 15 CALORIES BIKERG, WHILE ATHLETE A REST. THEY CONTINUE ALTERNATING UNTIL THEY BOTH COMPLETE 60/40 CALORIES EACH.

60	CAL SKIERG (ATHLETE A)	15	15	15	15
40	CAL BIKERG (ATHLETE B)	10	10	10	10
3	ROPE CLIMBS	1	1	1	
40	GHD SIT-UPS	10	10	10	10
2	ROPE CLIMBS	1	1		
20	SANDBAG CLEANS	5	5	5	5
1	ROPE CLIMB	1			

TIME OR REPS AT TIME CAP

TEAM NAME _____ _____

JUDGE NAME _____

I confirm that the information above accurately represent the team performance for this workout

_____
Team Captain Signature

MOLA DI BARI
NO BULLSHIT
TEAM CHALLENGE
20 21

"VALHALLA"
TEAM EVENT 5
31ST OCTOBER 2021

POWERED BY Fittest Freakest

VALHALLA – TEAM EVENT 5 M/M

COMPLETE FOR TIME:
60 CAL SKIERG + 60 CAL BIKERG*
3 ROPE CLIMBS
40 GHD SIT-UPS
2 ROPE CLIMBS
20 SANDBAG CLEANS
1 ROPE CLIMB

WORKOUT VARIATIONS

TEAM M/M: 50 KG SANDBAG + 4,50 m ROPE

* ATHLETE A WORKS ON SKIERG, WHILE ATHLETE B WORKS ON BIKERG. ATHLETE A COMPLETES 15 CALORIES SKIERG, WHILE ATHLETE B RESTS; THEN ATHLETE B COMPLETES 15 CALORIES BIKERG, WHILE ATHLETE A REST. THEY CONTINUE ALTERNATING UNTIL THEY BOTH COMPLETE 60 CALORIES EACH.

60 CAL SKIERG (ATHLETE A)	15	15	15	15
60 CAL BIKERG (ATHLETE B)	15	15	15	15
3 ROPE CLIMBS	1	1	1	
40 GHD SIT-UPS	10	10	10	10
2 ROPE CLIMBS	1	1		
20 SANDBAG CLEANS	5	5	5	5
1 ROPE CLIMB	1			

TIME OR REPS AT TIME CAP

TEAM NAME _____ _____

JUDGE NAME _____

I confirm that the information above accurately represent the team performance for this workout

_____
Team Captain Signature