



## WORKOUT 3 - "Fire Team Formation"

circle appropriate one:

**RX**

**Scaled**

<b>Firebase Push-ups</b>	REPS:	Total = _____
<b>Firebase Wall</b>	REPS:	Total = _____
<b>Firebase Lunges</b>	REPS: 5	Every 5 is 1 = _____
<b>Firebase Tire</b>	REPS:	Total = _____

### TOTAL POINTS:

Add points from each firebase \_\_\_\_\_

#### 1. Firebase Push Up

Time against a running clock: 00:00

Mission: Fire Team Push Ups - AMRAP -

Description: Form a square with four people with their feet up on their teammates backs. Perform push ups in unison with nothing but all members hands touching the ground at the top of the movement.

Scoring: One point for each Fireteam pushup completed to standard.

Movement Standards: Chests must all begin on the ground and then end at the top of the movement with arms locked out - judge will issue the down command when the rep has been counted.

RX'd Fireteam push ups

Scaled fire team plank - 1 point for every 5 sec

#### 2. Firebase Wall

Time against a running clock: 04:00

Mission: Get all members of the fireteam over the wall safely AMRAP

Description:

Scoring: One point for every person over the wall, every person must go over the wall before anybody repeats. Feet must be on the ground for the Rep to count.

RX'd men - 8' wall

Rx'd women - 6' wall

Scaled men - 6' wall

Scaled women - 6' wall with a 12" box

#### 3. Firebase Lunge

Time against a running clock: 08:00

Mission: AMRAP Fire-Team Lunges

Description: All four members must stay in contact with their arms around each other's' shoulders and perform unison lunges.

Scoring: 1 point for every 5 lunges

Movement Standards: All four knees must be in contact with the ground at the same time. Judge will count.

RX'd and Scaled are the same for this firebase.

#### 4. Firebase Tire

Time against a running clock: 12:00

Mission: 2 min AMRAP Team Tire Flips

Description: The fireteam has 2 min to accumulate as many tire flips as possible in 2 min

Scoring: 1 point per tire flip

Movement Standards: Tire must start flat on the ground and be flipped 180 degrees by as many or few of the athletes on the fireteam as needed. Tire must stay inside designated area.

RX'd - 800 lb tire

Scaled - 500 lb tire

Athlete: \_\_\_\_\_

Signature: \_\_\_\_\_

Athlete: \_\_\_\_\_

Signature: \_\_\_\_\_

Judge: \_\_\_\_\_ Athlete: \_\_\_\_\_

Signature: \_\_\_\_\_

Athlete: \_\_\_\_\_

Signature: \_\_\_\_\_