



## SCORECARD – DAY 1 - WORKOUT 4

**COMPLETE 5 ROUNDS IN THE BEST TIME POSSIBLE OF:**

**MALE**

**MALE 60+**

**FEMALE**

**50M SWIM**

**15 SANDBAG GROUND TO OVERHEAD**

**20KG**

**20KG**

**15KG**

**15 HANDS OFF PUSH UPS**



## WORKOUT BRIEF

On the signal 321GO Athletes will complete 5 rounds in the best time possible of a 50m swim they will then get out of the pool and complete 15 sandbag ground to overheads, then 15 hands off Pushups, then get back into the pool to start the next round.