



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.