



CrossFit Tertiary

Summer Series

Test 4B: "Bracketing"

Complete the following for time:

1-Mile Farmer's Carry (2 Kettlebells*)

100 Goblet Squats (1 Kettlebell*)

1-mile Run

This test has a 60-minute cap.

*Available Loads: 70lbs, 62lbs, 53lbs, 44lbs, 35lbs, 26lbs

Test Flow

The Referee will brief the athletes on safety 30 minutes before the start of the workout. Athletes can ask any questions not covered in this document at that time. The Referee will establish, have the final authority, and ensure all athletes understand any additions to this document.

Before the start of the test, athletes will draw cards to establish their starting position.

No less than 15 minutes before the start of the test, athletes will be allowed to warmup on their own. Two minutes before the test starts, athletes will take their assigned starting positions around the track.

All athletes will start this test together. At "3-2-1-GO!" the athletes will pick up both kettlebells and start the 1-mile farmer's carry. Once farmer's carry is completed, the athlete will set aside one kettlebell. With the remaining kettlebell, the athlete will assume a goblet position and complete 100 squats. Once completed, the athlete will set aside the other kettlebell and complete a 1-mile run. Work will continue until completed or the time cap is reached.

Athletes are responsible for tracking their workout. The athlete will have access to chips, white boards, and the score card and pen. Other tracking methods are acceptable, but it will be the athlete's responsibility to bring any required tracking device.

The Referee will ensure safety and maintain the flow. Time keeping and making the athletes aware of the elapsed time is the responsibility of The Referee. The Referee may also enforce movement standards if required.

Scoring

The score for this test will be total time it takes to complete the designated work in minutes and seconds. If the time cap is met, the score will be 60 minutes plus one second for every rep not completed. Each 400m of the farmer's carry and run will be counted as 1 second.

Equipment

Athletes must wear the following exercise attire: top (tee, tank, sweatshirt, and/or sports bra), bottom (Shorts, leggings, tights, and/or sweatpants), and shoes (athletic shoes of any style).

Athletes may use one pair of knee and/or elbow sleeves. Gloves and standard lifting belts are acceptable. Lifting straps, hooks, and gymnastic grips are not acceptable

Chalk is allowed, but sticky tack is not.

Athletes may have a water bottle.

Athletes may use any equipment in the gym during the warmup period. At the end of the warmup period, only the equipment above may be used.

Weather Safety

In the event of inclement weather, expect to do the test outside unless athlete safety becomes a concern (muddy field creating slippery conditions, lightning, etc.). If safety becomes a concern, the test will be cancelled.

Movement Standards

Farmer's Carry

This is a standard Farmer's Carry. The athlete will deadlift the kettlebells, one in each hand and carry them "suitcase" or "farmer's" style. The athlete may walk, shuffle, or run as quickly as they are safely able. Any grip is permitted, as long as the kettlebells are held.

When the athlete rests, the kettlebells must be returned safely to the ground. The kettlebells can only be advanced together, in the farmer's carry hold.

Goblet Squat

The goblet squat will start with the kettlebell held with both hands in the goblet position. The kettlebell can be held handle up or handle down and in any manner as long as it is forward of the chest and held with both hands.

The athlete will then proceed to squat to full depth, crease of the hip below the top of the knee. Then the athlete will return to full extension where the ankles, knees, hips, and shoulders are in line when viewed from profile.

400m Run

One lap around the track will be considered a 400m run. The run starts and ends at the athletes designated starting position. The athlete must remain on the track for the entire lap.

Safety

Athletes will carry and run on the inside lane. Passing will be done towards the outside. Athletes will not move towards the outside to allow other athletes to pass.

Goblet squats will be performed off the track. Kettlebells will be placed in a spot where they will not interfere with other movements.

Kettlebells will not be dropped. Dropping the kettlebells once will result in a 1-minute penalty. Dropping the kettlebells again will result in disqualification. This applies to the farmer's carry and the goblet squat.

Odd Movements and Safety

Remember, this is designed to be a test. Odd movements that may be unsafe or are outside the standards listed above or are not generally accepted within the sport of CrossFit will not be allowed. If questionable, The Referee will make the final decision with fairness and safety as the top priority.

Due to the nature of this test and the possibility of extreme heat or inclement weather, it is The Referee's responsibility to ensure the safety of every athlete. If extreme distress is observed, The Referee will check the athlete's condition. If The Referee determines that it is unsafe for the athlete to continue, the athlete will be removed from the test.

This is a small, local fitness test. Be safe and have fun!



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Score Card

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Farmer’s Carry	Gob Squats			Run
Lap 1:	10	50	90	Lap 1:
Lap 2:	20	60		Lap 2:
Lap 3:	30	70	100	Lap 3:
Lap 4:	40	80		Lap 4:

Time Completed: _____

-or-

Reps not completed _____ x 1 sec + 60:00= _____