



CrossFit LICENSED EVENT | 2023

# 23.6 Team

## FIGHT FIRE WITH FIRE

presented by



**YAMAMOTO®**

**Sunday 17 December**  
**from 11.25**

**Pala Desio**  
**Largo Atleti Azzurri D'Italia,**  
**20832 Desio MB**

**FIGHT FIRE WITH FIRE**

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**YAMAMOTO®**

## **TEAM ÉLITE**

**For Time (TC 11 min)**

**Team lifts the Worm in Front Rack  
M1 Goes for 30 DL 100kg While W/M2 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
W Goes for 30 DL 70kg While M1/M2 HOLD 10  
Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
M2 Goes for 30 DL 100kg While W/M1 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Tie Break**

**30 Worm Clean & Jerk**

**SCORE = TIME or Valid REPS**

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**TEAM MASTER 110+  
TEAM INTERMEDIATE**

**For Time (TC 11 min)**

**Team lifts the Worm in Front Rack  
M1 Goes for 30 DL 90kg While W/M2 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
W Goes for 30 DL 65kg While M1/M2 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
M2 Goes for 30 DL 90kg While W/M1 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Tie Break**

**30 Worm Clean & Jerk**

**SCORE = TIME or Valid REPS**

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## **TEAM EXPERIENCE**

**For Time (TC 11 min)**

**Team lifts the Worm in Front Rack  
M1 Goes for 30 DL 80kg While W/M2 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
W Goes for 30 DL 55kg While M1/M2 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Team lifts the Worm in Front Rack  
M2 Goes for 30 DL 80kg While W/M1 HOLD  
10 Synchro x3 Lateral Burpee Over the Worm**

**Tie Break**

**30 Worm Clean & Jerk**

**SCORE = TIME or Valid REPS**

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# FLOW

Gli atleti partono in postazione 1 e si spostano insieme verso il worm portandolo in front rack position. Uno dei tre si stacca e va in postazione 1 al bilanciere, mentre gli altri due sostengono il worm.

L'atleta in postazione 1 eseguirà i movimenti richiesti, poi torna dai compagni al worm che lo poggiano a terra. Tutti insieme eseguono i movimenti synchro richiesti completando il primo round. Il secondo e terzo round si svolgono allo stesso modo, alla fine di quest'ultimo sarà preso un tie break.

Nella seconda parte del workout gli atleti dovranno eseguire eseguire i movimenti richiesti a partire dalla postazione 3, avanzando nella postazione successiva ogni 10 ripetizioni.

Il tempo verrà preso in postazione 10.

*The athletes start at station 1 and move together towards the worm bringing it to the front rack position.*

*One of the three detaches and goes to position 1 on the barbell, while the other two support the worm.*

*The athlete in station 1 will perform the required movements, then return to his teammates to the worm who place him on the ground. All together they perform the required synchro movements by completing the first round.*

*The second and third rounds are played in the same way, at the end of the latter a tie break will be taken.*

*In the second part of the workout, the athletes will have to perform the required movements starting from station 3, advancing to the next station every 10 repetitions.*

*Time will be taken at station 10.*

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# STANDARDS

## **DEADLIFT**

Il movimento inizi con il bilancere a terra e le mani all'esterno delle ginocchia (Il sumo deadlift non è concesso) e finisce con le anche e le ginocchia in completa estensione; la testa e le spalle dietro la verticale del bilanciere.

L'uso dei grip o delle fascette da sollevamento pesi non è concesso.

Il touch and go è permesso, il bouncing NO.

## **DEADLIFT**

*The movement begins with the barbell on the ground and the hands on the outside of the knees (the sumo deadlift is not allowed) and ends with the hips and knees in full extension; the head and shoulders behind the vertical of the barbell.*

*The use of weightlifting grips or cable ties is not permitted.*

*Touch and go is allowed, bouncing is NOT.*

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# STANDARDS

## **SYNCHRO BURPEES**

### **LATERAL WORM**

Il movimento deve essere eseguito lateralmente rispetto al worm. Per cui due atleti staranno da un lato e il terzo teammate dall'altro.

In bottom position il petto e le cosce degli atleti devono toccare terra. Qui è richiesto il synchro.

Gli atleti devono saltare chiaramente al di là del worm.

## **SYNCHRO BURPEES**

### **LATERAL WORM**

*The movement must be performed laterally to the worm. So two athletes will be on one side and the third teammate on the other. In the bottom position, the athletes' chest and thighs must touch the ground. Synchro is required here. Athletes must clearly jump beyond the worm.*

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# STANDARDS

## **BWORM CLEAN AND JERK**

Il movimento inizia con il worm a terra, passa sulla spalla, gira attorno alla testa degli atleti e non viceversa, si appoggia sulla spalla opposta. Finisce quando gli atleti sono tutti e tre in posizione di front rack, piedi in linea, ginocchia e anche estese, busto in stazione eretta.

## **WORM CLEAN AND JERK**

*The movement starts with the worm on the ground, passes over the shoulder, goes around the athletes' head and not the other way around, rests on the opposite shoulder. It ends when all three athletes are in the front rack position, feet in line, knees and hips extended, torso in a standing position.*