



## UK - EVENT 1

### 14 MINUTE AMRAP

<b><u>RX</u></b>	<b><u>INTERMEDIATE</u></b>	<b><u>BEGINNERS</u></b>
<b>14 min AMRAP</b>	<b>14 min AMRAP</b>	<b>14 min AMRAP</b>
<b>7 synchro chest to bar</b>	<b>7 synchro pull ups</b>	<b>14 synchro knee raises</b>
<b>11 synchro burpee over hurdle ( forward facing)</b>	<b>11 synchro burpee over hurdle ( forward facing)</b>	<b>11 synchro burpee over hurdle ( forward facing)</b>
<b>15 synchro air squats</b>	<b>15 synchro air squats</b>	<b>15 synchro air squats</b>
<b>12 cal row (each)</b>	<b>12 cal row (each)</b>	<b>9 cal row (each)</b>

Both athletes start on the start mat. At the call of 3,2,1....go! Both athletes will move to the pull up rig where they will perform 7 synchro pull ups (14 synchro knee raises for beginners). On completion, the athletes will perform 11 synchro burpees over the hurdle (chest to touch the ground at the same time). They will then perform 15 synchro air squats (both athletes to be standing at the top at the same time with legs locked out). One athlete will then perform 12 calories on the row (9 for beginners) and on completion the second athlete will do the same. Continue in this fashion for 14 minutes.

Score is the number of rounds and reps performed in the 14 minute time period.

### **MOVEMENT STANDARDS**

#### **SYNCHRONISED CHEST TO BAR**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone. Both athletes chests must touch the bar at the same time for the rep to count.

#### **SYNCHRONISED BURPEE OVER HURDLE**

The burpee must be performed perpendicular and facing the hurdle. The athlete can jump or step feet back so she is lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their partner. The athlete can then either jump or step feet back up from the burpee. The athlete must jump over the hurdle from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (except for beginners). The rep ends when the athlete lands on both feet on the opposite side of the hurdle. Before starting the next rep, the athlete must again be facing the hurdle. Both athletes must have the chest on the ground at the same time for the rep to count.

#### **SYNCHRONISED KNEE RAISES**

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

#### **SYNCHRONISED AIR SQUAT**

Athlete starts standing. Athlete then descends into a full squat with the hip crease passing below the knees. Both athletes must then return to a fully standing position at the same time to complete the rep.