



GOLD COAST - EVENT 2

AMRAP (WITH A 14 MINUTE TIME CAP)

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNER</u>
<u>Round 1</u> Athlete 1 20 drag rope single crossovers 15 box jump overs (24") Athlete 2 20 drag rope single crossovers 15 box jump overs (24") Into: 60 wall balls (9kg) – shared anyhow	<u>Round 1</u> Athlete 1 15 Drag Rope Double Unders (or 30 drag rope single skips) 15 box jump overs (20") Athlete 2 15 Drag Rope Double Unders (or 30 drag rope single skips) 15 box jump overs (20") Into: 50 wall balls (6kg) – shared anyhow	<u>Round 1</u> Athlete 1 20 drag rope single skips 15 box jump overs (20") Athlete 2 20 drag rope single skips 15 box jump overs (20") Into: 40 wall balls (6kg) – shared anyhow
<u>Round 2</u> Athlete 1 30 drag rope single crossovers 12 box jump overs (24") Athlete 2 30 crossovers 12 box jump overs (24") Into: 30 synchro Toes to Bar	<u>Round 2</u> Athlete 1 25 Drag Rope Double Unders (or 50 drag rope single skips) 12 box jump overs (20") Athlete 2 25 Drag Rope Double Unders (or 50 drag rope single skips) 12 box jump overs (20") Into: 25 synchro Toes to Bar	<u>Round 2</u> Athlete 1 30 drag rope single skips 12 box jump overs (20") Athlete 2 30 drag rope single skips 12 box jump overs (20") Into: 30 wall ball ground to overhead while 1 partner hangs (9kg)
<u>Round 3</u> Athlete 1 40 drag rope single crossovers 9 box jump overs (24") Athlete 2 40 drag rope single crossovers 9 box jump overs (24") Into: 15 Synchro Bar Muscle Ups	<u>Round 3</u> Athlete 1 35 Drag Rope Double Unders (or 70 drag rope single skips) 9 box jump overs (20") Athlete 2 35 Drag Rope Double Unders (or 70 drag rope single skips) 9 box jump overs (20") Into: 15 Synchro Chest to Bar	<u>Round 3</u> Athlete 1 40 drag rope single skips 9 box jump overs (20") Athlete 2 40 drag rope single skips 9 box jump overs (20") Into: 15 wall ball sit ups (1 – 6kg and 1 – 9kg)
Repeat from start should there be time remaining	Repeat from start should there be time remaining	Repeat from start should there be time remaining *Can step up on the box jump overs



At the call of 3,2,1....go!, athlete 1 will start the round 1 required reps of crossovers/double unders/single skips and 15 box jump overs. Intermediates can choose to perform 2 x the amount of single skips (each 2 skips counts as 1 rep for scoring purposes). The intermediate athlete needs to choose either double unders or single skips and cannot change between the two movements throughout the workout. One athlete can do double unders and their partner can do single skips if they so choose. Athlete 1 will run back to the start and tag athlete 2 who will perform the same. On completion athletes will complete the prescribed reps of wall balls sharing the reps as desired.

Both athletes will run back to start mat and then athlete 1 can run back to the rope and perform the round 2 required reps of crossovers/double unders/single skips and 12 box jump overs. She will run back to the start mat and tag athlete 2 who will perform the same.

On completion athletes will jump on the bar and perform the prescribed synchro reps of toes to bar (wall ball ground to overhead while one hangs for beginners – changing whenever desired).

Both athletes will run back to start mat and then athlete 1 can run back to the rope and perform round 3 required reps of crossovers/double unders and 9 box jump overs. She will run back to the start mat and tag athlete 2 who will perform the same.

On completion athletes will jump on the bar and perform 15 synchro reps of bar muscle ups/chest to bar or synchronised wall ball sit ups depending on your division.

Should you finish all of round 3, start back at the beginning until the 14 min time cap.

MOVEMENT STANDARDS

CROSS-OVER

During the jump the athlete's arms alternate from the across-the-body position for one jump to the hands-by-hips position for the next jump, as the rope goes under the athlete's feet for each jump. One cross the body skip is one rep and one normal skip is one rep.

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

BOX JUMP OVERS

JUMPING: Athletes must jump from the ground onto the box with two feet. They may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

STEPPING: As above except athlete may STEP onto box. Full extension on top of the box is not required



SYNCHRONISED TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. 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.

For the synchronised movement, both athletes feet must touch the bar at the same time for the rep to count.

WALL BALL

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

WALL BALL GROUND TO OVERHEAD

From a standing position, touch the wall ball to the ground in front of you and then lift the ball overhead with legs fully extended and ball directly over the middle of your body.

SYNCHRONISED BAR MUSCLE UP

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Both athletes must be locked out at the top at the same time for the rep to count.

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 WALL BALL SIT UP

Perform a butterfly situp with a wall ball. The wall ball is to touch the ground behind the head at the bottom of the sit up and on the ground in front of the feet at the end of the situ up. One partner will have a 6kg ball and the other will have a 9kg ball. The ball can be switched between partners if desired. The rep is counted when both partners touch the ball to the ground in front of the feet at the same time. If one partner finishes first, they have to stay in that position until their partner catches up before they can commence the next rep.