



GOLD COAST - EVENT 4

FOR TIME (WITH A 14 MINUTE TIME CAP)

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
20 synchro single arm Dumbbell hang clean & Jerk @ 22.5kg	20 synchro single arm Dumbbell hang clean & Jerk @ 15kg	20 synchro single arm Dumbbell hang clean @ 10kg
20M Handstand walk (10m up and back each)	20M Dumbbell overhead walking lunge together (not synchro) @ 15kg	20M Dumbbell front rack walking lunge together (not synchro) @ 10kg
30 deadlifts @ 90kg (shared)	30 deadlifts @ 60kg (shared)	30 deadlifts @ 40kg (shared)
20M Handstand walk (10m up and back each)	20M Dumbbell overhead walking lunge together (not synchro) @ 15kg	20M Dumbbell front rack walking lunge together (not synchro) @ 10kg
20 synchro single arm dumbbell devils press @ 22.5kg	20 synchro single arm dumbbell devils press @ 15kg	20 synchro single arm dumbbell devils press @ 10kg
20M Handstand walk (10m up and back each)	20M Dumbbell overhead walking lunge together (not synchro) @ 15kg	20M Dumbbell front rack walking lunge together (not synchro) @ 10kg
30 deadlifts @ 90kg (shared)	30 deadlifts @ 60kg (shared)	30 deadlifts @ 40kg (shared)
20M Handstand walk (10m up and back each)	20M Dumbbell overhead walking lunge together (not synchro) @ 15kg	20M Dumbbell front rack walking lunge together (not synchro) @ 10kg
20 synchro single arm dumbbell snatch @ 22.5KG	20 synchro single arm dumbbell snatch @ 15kg	20 synchro single arm dumbbell snatch @ 10kg
Sprint to finish	Sprint to finish	Sprint to finish

Both athletes start on the start mat. At the call of 3,2,1....go! both athletes are to perform 20 synchro single arm dumbbell hang clean & jerks (no jerk for beginners). On completion move on to the handstand walk/lunges. Handstand walks do not need to be unbroken. Athlete 1 completes 10m HSW followed by athlete 2. Then athlete 1 can HSW 10 m back followed by athlete 2. Alternatively Athlete 1 can choose to perform the 10m up and back first followed by athlete 2. Athletes will then share 30 deadlifts with no minimum work requirement. Repeat the HSW or lunge and then perform 20 synchro single arm devils press. HSW/ lunge again and then perform another 30 deadlifts. HSW/lunge and then finish with the synchro single arm dumbbell snatch.

On completion run to the finish mat at which time your time will be recorded.

MOVEMENT STANDARDS

DUMBBELL HANG CLEAN & JERK

After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbell comes up and makes contact with the shoulder before being lifted overhead.

Once at the shoulder, the athlete may get the dumbbell overhead any way she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. The non-working hand may not come into contact with the body or the dumbbell while the dumbbell is being lifted. Athletes may use two hands while lowering the dumbbell between reps.

At the top, the arm, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once both athletes have reached lockout at the top at the same time, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead.



DUMBBELL OVERHEAD WALKING LUNGE

Each lunge begins with the dumbbell overhead, the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the back leg forward with the weight remaining overhead for the duration of the repetition. The athlete may bring feet together or step through on the lunge. Athletes must stand each rep tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep.

DUMBBELL FRONT RACK WALKING LUNGE

Each lunge begins with the dumbbell in the front rack position or on the shoulder, the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the back leg forward with the weight remaining in the front rack position for the duration of the repetition. The athlete may bring feet together or step through on the lunge. Athletes must stand each rep tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep.

DEADLIFT

The bar starts on the ground. Hands are just outside shoulder width. Stand the bar up. The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.

SYNCHRONISED SINGLE ARM DUMBBELL DEVILS PRESS

The athletes perform a burpee with both athletes chests touching the ground at the same time with one hand on the dumbbell. The athletes can step in or jump in from the burpee while holding on to the dumbbell. The dumbbell must move in continuous motion overhead. No clean and jerk. The rep is complete when both athletes dumbbells are overhead at the same time with elbows, hips, and knees locked out and over the center plane of the body.

SYNCHRONISED SINGLE ARM DUMBBELL SNATCH

The dumbbell snatch starts with both heads of the dumbbell on the ground. The dumbbell is lifted overhead in one motion with the athletes standing tall with arm extended overhead at the same time.