



EVENT 3 – NEED FOR SPEED

ADVANCED	INTERMEDIATE	ELEVATE
FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)	FOR TIME (14 MIN TIME CAP)
<u>PART A</u>	<u>PART A</u>	<u>PART A</u>
80 Calorie Row (M/F/M/F) 50 Dual KB Thrusters (M/F synchro) 24kg/16kg 50 Toes to Bar (M/F synchro) 30 Dual KB Thrusters (M/F synchro) 24kg/16kg 30 Toes to Bar (M/F synchro)	80 Calorie Row (M/F/M/F) 50 One Arm KB Thrusters (M/F synchro) 24kg/16kg 50 Toes to Bar (M/F synchro) 30 One Arm KB Thrusters (M/F synchro) 24kg/16kg 30 Toes to Bar (M/F synchro)	80 Calorie Row (M/F/M/F) 50 KB Goblet Squat (M/F synchro) 24kg/16kg 75 Knee Raises (M/F synchro) 30 KB Goblet Squat (M/F synchro) 24kg/16kg 45 Knee Raises (M/F synchro)
<u>PART B</u>	<u>PART B</u>	<u>PART B</u>
Max calorie row in the remaining time (M/F/M/F)	Max calorie row in the remaining time (M/F/M/F)	Max calorie row in the remaining time (M/F/M/F)
<i>* All movements can be shared as desired however one person may not row more than 20 calories at one time</i>		
<i>*Athletes must keep the same pairing on the thrusters and TTB (goblet squats/knee raises for Elevate)</i>		

One athlete can be waiting on the rower with hands behind back. At the call of 3,2,1...go, M1 will commence rowing. There is no minimum work requirement however he cannot row more than 20 calories. Athletes will switch rowers to F1, then M2, then F2 – again with no athlete rowing more than 20 calories at one time.

On completion of the row a MF pair will commence the kettlebell thrusters (goblet squats for Elevate). There is no minimum work requirement and the pairs can swap in and out as desired. The MF pairings must be kept the same throughout the entire workout.

On completion of the thrusters/goblet squats, one MF pair will commence the 50 synchro Toes to bar (75 knee raises for Elevate). Similarly, there is no minimum work requirement and the pairs can swap in and out as desired.

The team will then move back to complete 30 thrusters/goblet squats and then 30 toes to bar/45 knee raises in the same manner as previously described.

Should all reps be completed within the time cap, the team will commence Part B which is a row for calories until the timer hits 14 minutes. The row is to completed MFMF and again one person cannot row more than 20 calories at one time.

This event is scored in two parts. Part A is for time and Part B is calories rowed.



MOVEMENT STANDARDS

Synchronised 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. Both partners feet are to make contact with the bar at the same time.

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 KB Thruster - The movement begins with the kettlebell(s) on the ground (only 1 for intermediate). The kettlebell(s) is/are then cleaned up to the shoulders. The bottom of the kettlebell cannot rest on the shoulder in this position. A full squat clean into the thruster is allowed when the kettlebells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. Stand from the squat and push the kettlebells overhead. Athletes will synchronise the movement at the top of the thruster with elbows, knees and hips fully extended and feet in line with each other. On completion of a rep, the kettlebell(s) is/are brought back down to the front rack position in preparation for the next rep.

For the one arm kettlebell thruster, athletes may change arms whenever desired.

Synchronised Goblet Squat - Each squat begins with both athletes holding a kettlebell at the chest, the feet together, and the athletes standing tall. Both athletes descend into a full squat with the hip creases passing below the knees keeping the kettlebell in the centre of the chest. The athletes must return to the start position at the same time to finish the rep.