



GOLD COAST - EVENT 3

FOR TIME (WITH A 14 MINUTE TIME CAP)

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<u>For Time (14 min time cap)</u>	<u>For Time (14 min time cap)</u>	<u>For Time (14 min time cap)</u>
18-15-12 Synchro Squats – all 3 sync 50kg barbell 2 x 24kg kettlebells 2 x 22.5kg dumbbells	18-15-12 Synchro Squats – all 3 sync 40kg barbell 2 x 16kg kettlebells 2 x 15kg dumbbells	18-15-12 Synchro Squats – all 3 sync 30kg barbell 1 x 16kg kettlebell 1 x 15kg dumbbell
18-15-12 Synchro Burpee over line – all 3 sync 400m run (200m out and back) – all 3	18-15-12 Synchro Burpee over line – all 3 sync 400m run (200m out and back) – all 3	18-15-12 Synchro Burpee over line – all 3 sync 400m run (200m out and back) – all 3

At the call of 3,2,1 go all athletes will take their equipment of choice and clean it to the front rack/goblet position and commence their 18 sync front squats. All three athletes are to sync at the same time. The sync occurs at the top of the rep so if one athlete squats faster they just have to wait at the top of the rep for the other 2 athletes for the rep to count. One completion of the 18 reps all three athletes will perform 18 sync burpees over the line – facing the line - with the sync being the bottom of the rep. Athletes will then run 400m together (each completed 100m will constitute 1 rep for a total of 4 reps for each 400m).

Once the run is complete, the athletes will repeat the sync squats and burpees for 15 reps followed by the run and then complete the final round of 12 synchro squats and burpees finishing with the 400m run.

Athletes can move from barbell to kettlebell to dumbbell between rounds however can not swap out equipment DURING rounds (ie – if you choose the barbell for one round, you have to complete all reps).

Your score is time taken to complete or if time capped, the number of reps completed.

MOVEMENT STANDARDS

SYNCHRONISED BURPEE

Standing on one side of a marked line the athletes can jump or step feet back so they are lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their partners. The athletes can then either jump or step feet back up from the burpee and must jump over the line (beginners may step over the line). That constitutes one rep. The athletes will then turn and face the line on the other side, drop down to the ground with all 3 athletes chest on the floor at the same time, jump or step feet back in and jump over the line again for the next rep.

FRONT SQUAT

The barbell/kettlebells/dumbbells are to be cleaned to the front rack position to start the movement (single pieces of equipment can be held with two hands goblet style or on shoulder). At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, all athletes knees and hips must be completely open at the same time with the barbell/kettlebell/dumbbell in control.