



### EVENT 3

ADVANCED	INTERMEDIATE/MASTERS	ELEVATE
<b>FOR TIME (14 MIN TIME CAP)</b>	<b>FOR TIME (14 MIN TIME CAP)</b>	<b>FOR TIME (14 MIN TIME CAP)</b>
<b><u>In MF Pairs:</u></b> 60 synchronised box jump overs 24/20 60 synchronised kettlebell thrusters 24/16 60 synchronised toes to bar 40 synchronised box jump overs 24/20 40 synchronised kettlebell thrusters 24/16 40 synchronised toes to bar 20 synchronised box jump overs 24/20 20 synchronised kettlebell thrusters 24/16 20 synchronised toes to bar Run to finish	60 synchronised box jump overs 24/20 60 synchronised one arm kettlebell thrusters 24/16 60 synchronised toes to bar 40 synchronised box jump overs 24/20 40 synchronised one arm kettlebell thrusters 24/16 40 synchronised toes to bar 20 synchronised box jump overs 24/20 20 synchronised one arm kettlebell thrusters 24/16 20 synchronised toes to bar Run to finish	60 synchronised box jump overs 24/20 60 synchronised goblet squat 24/16 60 synchronised knee raises 40 synchronised box jump overs 24/20 40 synchronised goblet squat 24/16 40 synchronised knee raises 20 synchronised box jump overs 24/20 20 synchronised goblet squat 24/16 20 synchronised knee raises Run to finish
<i>* All movements can be shared as desired</i> <i>*Athletes must keep the same pairing on the thrusters and TTB (goblet squats/knee raises for Elevate)</i>		

At the call of 3,2,1...go, MF1 will run out and commence the 60 synchronised box jump overs. The resting pair will be waiting at the start mat and the working pair will need to run back to tag in order to be changed out. Pairs can share reps as desired.

On completion of the box jump overs 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 synchro Toes to bar (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 40 synchro box jump overs, 40 thrusters/goblet squats and then 40 toes to bar/knee raises in the same manner as previously described. They will then complete the round of 20.

The team will run back to the start mat at which time their time will be recorded. The score is time taken to complete the workout or number of reps completed if time capped.



## **MOVEMENT STANDARDS**

**Synchronised Box Jump Overs** –Athletes must jump from the ground with two feet and onto the box with both feet making contact with the box. 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. Both athletes must be on top of the box at the same time for the synchronisation to occur. Beginners are allowed to step.

**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.