



EVENT 1

ADVANCED	INTERMEDIATE/MASTERS	ELEVATE
<p>FOR TIME (14 MIN TIME CAP)</p> <p>WORKING IN MF PAIRS – PAIR 1 COMPLETE THE FULL WORKOUT AND THEN TAG MF PAIR 2 WHO WILL COMPLETE THE FULL WORKOUT:</p> <p>42 Synchro hurdle jump overs 30cm 21 Synchro alternating Dumbbell Hang Snatch 22.5/15 21 Synchro Pull Ups 30 Synchro hurdle jump overs 30cm 15 Synchro alternating Dumbbell Hang Snatch 22.5/15 15 Synchro Chest to Bar 18 Synchro hurdle jump overs 30cm 9 Synchro alternating Dumbbell Hang Snatch 22.5/15 9 Synchro Bar Muscle Ups</p>	<p>FOR TIME (14 MIN TIME CAP)</p> <p>WORKING IN MF PAIRS – PAIR 1 COMPLETE THE FULL WORKOUT AND THEN TAG MF PAIR 2 WHO WILL COMPLETE THE FULL WORKOUT:</p> <p>42 Synchro hurdle jump overs 30cm 21 Synchro alternating Dumbbell Hang Snatch 22.5/15 21 Synchro Pull Ups 30 Synchro hurdle jump overs 30cm 15 Synchro alternating Dumbbell Hang Snatch 22.5/15 15 Synchro Pull Ups 18 Synchro hurdle jump overs 30cm 9 Synchro alternating Dumbbell Hang Snatch 22.5/15 9 Synchro Pull Ups</p>	<p>FOR TIME (14 MIN TIME CAP)</p> <p>WORKING IN MF PAIRS – PAIR 1 COMPLETE THE FULL WORKOUT AND THEN TAG MF PAIR 2 WHO WILL COMPLETE THE FULL WORKOUT:</p> <p>42 Synchro hurdle jump overs 30cm 21 Synchro alternating Dumbbell Hang Snatch 15/10 21 Wall balls each (Partner 1 and then partner 2) 30 Synchro hurdle jump overs 30cm 15 Synchro alternating Dumbbell Hang Snatch 15/10 15 Wall balls each (Partner 1 and then partner 2) 18 Synchro hurdle jump overs 30cm 9 Synchro alternating Dumbbell Hang Snatch 15/10 9 Wall balls each (Partner 1 and then partner 2)</p>

At the call of 3,2,1...go, working in pairs MF1 will commence 42 synchro hurdle jump overs. They will move on to do 21 synchro alternating dumbbell hang snatch and then 21 synchro pull ups (RX). They will then go back to the hurdles and perform 30 synchro jump overs, then 15 synchro dumbbell hang snatch and 15 synchro chest to bar (RX) and finish with 18 synchro jump overs, 9 synchro dumbbell hang snatch and 9 synchro Bar muscle-ups (RX). On completion they will run and tag MF2 who will perform the exact same workout.

Intermediate and Masters will perform the same workout however they will perform synchro pull ups only.

Beginners will perform the synchro hurdle jump overs and synchro alternating dumbbell hang snatch in the same manner but will then do wall balls (reps as specified above). With the wall balls, partner 1 will perform ALL 21 in the first round and then partner 2 will perform ALL 21. When they get to the round of 15, Partner one will perform ALL 15 and then partner 2 will perform ALL 15. Same for the round of 9. Partners cannot swap out in the round.

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 Hurdle Jump Overs – Athletes start on the same side of the hurdle. Both athletes need to jump over the hurdles at the same time. Jumps are to be performed with a 2 foot jump and 2 foot landing – no bunny hops allowed (except in the beginners division).

Synchronised Alternating Dumbbell Hang Snatch - Athletes will start with the dumbbells on the ground. The Athletes will then stand to full extension with dumbbell in hand. The athletes will snatch or swing the dumbbell from the hang position and finish with the dumbbell locked out overhead with hips, knees, shoulders, and arms at full extension at the same time; this shall indicate a completed repetition. The Athletes will then alternating hands, switching either in the hang or overhead to commence the next rep. The Athletes may NOT pause at the shoulders and press the dumbbell. The hang position will be designated as any position in which the dumbbells are below the hip but not touching the floor. The DB hang snatch will be synchronised at the top of the movement- meaning that both athletes need to reach lock out at the same time.

Synchronised Bar Muscle-Ups - In the bar muscle-up, the athletes 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. The synchronisation occurs at the top of the bar with both athletes fully locked out at the top of the bar.

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. The synchronisation occurs at the top of the chest to bar with both athletes chests coming into contact with the bar at the same time.

Synchronised Pull-Ups - This is a standard chin-over-bar pull up. Dead hand, 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. The synchronisation occurs at the top of the pull up with both athletes chins over the bar at the same time.

Wall Balls - 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 middle of the 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.