



Event 1: Wake Up Call
Single Scored Event (For time)

RX	Scaled
<p>For Time 80/60 Calorie Bike 60 Burpee Box Jump on and over, 24/20" 40 Overhead squats, 135/95# 30 Dumbbell Snatch, 70/50#</p> <p>Reps split as desired.</p> <p>TIME CAP: 11 Minutes</p>	<p>For Time 60/40 Calorie Bike 60 Burpee Box Jump on and over, 24/20" 40 Overhead squats, 75/55# 30 Dumbbell Snatch, 50/35#</p> <p>Reps split as desired. Step-overs allowed.</p> <p>TIME CAP: 11 Minutes</p>

--

On the call of 3, 2, 1, GO, Athlete 1 will mount the Assault bike and begin pedaling. **The athletes are REQUIRED to rotate every minute, no more and no less, until designated calories is read on the monitor.** Once the airbike is completed, the athletes will complete 60 burpee box jump overs, 40 overhead squats, and 30 dumbbell snatch or as far as they can reach in 11 minutes.

The score is the total time taken for both partners to complete the chipper and move back to the start. Any reps incomplete will be added on as seconds to the total time.



Event 1 Movement standards:

Burpee Box Jump on and over

The burpee box jump-over starts with the athlete's body along the box touching their chest and thighs to the ground, and finishes with the athlete jumping on and over the box. There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required (**unless in scaled division**), and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, and the athlete may use their hands. No other parts of the body may touch the box except hands and feet. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Overhead Squat

In the overhead squat, the barbell must be kept overhead and may not touch the body. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell locked out and directly over the body. A full squat snatch will count as a repetition, as long as all the above requirements are met.

Dumbbell Snatch:

Both heads of the dumbbell must touch the ground at the beginning and end of each repetition, and be under control the entire time. One complete repetition starts on the ground, is snatched to full lockout overhead, then brought back to the ground under control.

The dumbbell must be moved from the ground to full lockout overhead in one continuous motion without stopping at the shoulders. Pressing out at the top is permitted, as long as the dumbbell never descends within the repetition. The other hand may not be used to assist the lift.

The top position is fully locked out overhead with the working arm, plus full extension of the hips and knees with the weight clearly under control. The feet must be brought back together if the lifter "wanders" or uses a split style.

A press out is acceptable. Also acceptable are split, power, squat or muscle snatches, as long as the requirements for the finish position, mentioned above, are met.

Once the top position is successfully established, the dumbbell must be brought back to the ground under control while maintaining a full grip with at least one hand. The athlete may use either or both hands to lower the weight under control. Dropped repetitions do not count. Losing control of the dumbbell at any point invalidates the repetition.



Event 2: The Spotlight

Single Scored Event (Total Weight lifted)

Each partner will have TWO (2) attempts each to establish a 4 rep max hang clean.

Teams will be at stations with available weight. Prior to the event starting, athletes will be given 60 seconds to load on desired weight-- clips are required. Athletes will then lift one by one, in a "spotlight" on a 30 second clock per teammate, 10 second rotation between teams. The entire lift must be completed within the 30 second time frame.

There will be no tiebreakers and no partial reps awarded.

Once the first teammate on all teams has been rotated through, the second teammates will proceed in the same order. This will repeat once more until all athletes have taken 2 attempts at a 4-rep max hang clean.

Example rotation with 3 teams:

00:30 Team A , P1, Lift 1	00:30 Team A , P1, Lift 2
00:10 Transition	00:10 Transition
00:30 Team B , P1, Lift 1	00:30 Team B , P1, Lift 2
00:10 Transition	00:10 Transition
00:30 Team C , P1, Lift 1	00:30 Team C , P1, Lift 2
00:10 Transition	00:10 Transition
00:30 Team A , P2, Lift 1	00:30 Team A , P2, Lift 2
00:10 Transition	00:10 Transition
00:30 Team B , P2, Lift 1	00:30 Team B , P2, Lift 2
00:10 Transition	00:10 Transition
00:30 Team C , P2, Lift 1	00:30 Team C , P2, Lift 2
00:10 Transition	

Event 2 Movement Standards

Hang Clean

This movement begins with the athlete deadlifting the barbell and stopping at full extension prior to snatching. The athlete may not lower the bar past the knees after deadlifting the weight. The athlete can proceed to perform any version of the hang clean (muscle, power, squat). At the top, the knees and hips must be completely open with the barbell locked out and directly over the body, with elbows in front of the bar.



Event 3: TBA

Single Scored Event

Will be announced on Saturday, after Event 2.



Event 4: The Reign of Julian

DOUBLE Scored Event

Score 1: AMRAP1 Reps

Score 2: AMRAP2 Reps

RX	Scaled
<p>12 Minute Clock 25 Calorie Row 25 Toes-to-bar 25 Deadlift, 225/155#</p> <p>Split anyway without dropping "rock".</p>	<p>12 Minute Clock 25 Calorie Row 25 Ab-mat sit-ups 25 Deadlift, 165/115#</p> <p>Split anyway without dropping "rock".</p>
<i>90 second Transition</i>	<i>90 second Transition</i>
<p>12 Minute Clock Mile relay (Rotate each lap) buy-in,</p> <p>AMRAP (split any way) in the remaining time: 30 Wall balls, 20/14 to 10' 30 Chest to bar 30 Clean & Jerk, 155/105#</p>	<p>12 Minute Clock Mile relay (Rotate each lap) buy-in,</p> <p>AMRAP (split any way) in the remaining time: 30 Wall balls, 20/10 to 9' 30 KBS (F) 35#; Pull-ups (M) 30 Clean & Jerk, 115/65#</p>

On the call of 3, 2, 1, GO, the athletes will begin the first triplet. While one athlete is working the triplet, the other athlete will be holding on to an object or "rock". This object cannot touch the ground at any point in the 12 minute window. If the object touches the ground, the athletes must perform a penalty of **10 repetitions of a given movement with the object**. The object and movement will be revealed during briefing of the event. The first AMRAP is scored by total reps completed of the triplet.

On the call of 3, 2, 1, GO, an athlete will begin a 400m run on the designated track. Once they return, they will tag their teammate who will begin their 400m run. The athletes must remain on the street. Once both athletes complete 1 Mile total and are back inside the gym, they may begin the AMRAP.

The event is scored as two separate AMRAPs.



Event 4 Movement Standards

Deadlift

This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders and chin behind the bar. The arms must be straight throughout

Toes-to-bar

In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

Wall ball

In the wall ball, the ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to the specified target. The ball must make contact with any part of the front face of the target. If the ball hits the bottom or top edge of the target, or does not hit the target at all, that rep will not count. The rep is counted when the ball makes contact with the target. If the ball is dropped, it must come to a full stop on the ground before the athlete may pick it up for the next rep (no bouncing).

Chest-to-bar

This is a standard chest-to-bar pull-up. Any style of pull-up is permitted, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest (any point below the clavicle) must clearly come into contact with the bar.

Kettlebell swing (Female Scaled)

The movement begins with the kettlebell between the legs and is completed once the bottom of the kettlebell is facing up, and the elbows are locked to full extension. There is no hip or knee lockout requirement.

Pull-up (Male Scaled)

This is a standard 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. At the top, the chin must break the horizontal plane of the bar

Clean & Jerk

The barbell begins on the ground and must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. A shoulder press, push press, push jerk or



split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor.