

EVENT 3



WORKOUT DESCRIPTION AND MOVEMENT STANDARDS

8 MIN AMRAP

15 SYNC FRONT RACK DUMBBELL SQUATS (2 X 15KG / 2 X 10 KG / 1 X 10KG)

10 SYNC TOES TO BAR (2 X KNEE RAISES FOR BEGINNERS)

5 SYNC DEVILS PRESS (2 X 15KG / 2 X 10 KG / 1 X 10KG alternating)

- At 3,2,1 go both partners clean two dumbbells to the shoulders and/or front rack position and then perform 15 synchronised dumbbells squats. Beginners will use one dumbbell held as either a goblet squat or resting on your front rack. For the rep to count both athletes must hit the bottom of the squat at the same time and both be standing up with knees locked out at the end of the movement.
- On completion of the squats, the athletes perform 10 synchronised toes to bar (**20 knee raises for beginners. Note: - 2 synchronised knee raises equals one rep therefore each round you will score a total of 10 reps**) and then 5 synchronised devils press.
- Continue in this fashion for 8 minutes.
- Score is total number of reps completed in 8 minutes.
- **FILMING REQUIREMENT NOTE: - PLEASE SET UP CAMERA SO WE CAN SEE BOTH ATHLETES COMPLETE THE MOVEMENT STANDARDS AS REQUIRED. ANY MISLEADING CAMERA ANGLES COULD RESULT IN NO REPS BEING ALLOCATED BY THE JUDGES**

SYNCHRONISED DUMBBELL SQUATS

Holding two dumbbells in a front rack position, athletes are to perform a synchronised squat with hip crease below knee at the same time and standing up with knees locked out at the same time. Beginners will hold onto one dumbbell.

SYNCHRONISED 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 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.

SYNCRHONISED DUMBBELL DEVILS PRESS

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbells, they'll perform a burpee, with chest making contact with the floor. **Both athlete's chests must be on the floor at the same time.** From here, the athletes will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both dumbbells locked out overhead, with hips, knees, shoulders, and arms at full extension. **Both athletes must be in this full lock out position at the same time for the rep to count.** This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

Beginners will use only one dumbbell. All movement standards remain the same however they will burpee with one hand on the dumbbell and swing the one dumbbell overhead. Athletes should alternate hands for each rep.