



GOLD COAST - EVENT 1

14 MINUTE AMRAP

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
14 min AMRAP	14 min AMRAP	14 min AMRAP
Wearing a Weight vest 20/14		
7 synchro pull ups	7 synchro pull ups	14 synchro knee raises
11 synchro burpee over hurdle (forward facing)	11 synchro burpee over hurdle (forward facing)	11 synchro burpee over hurdle (forward facing)
15 synchro air squats	15 synchro air squats	15 synchro air squats
12 cal row (each)	12 cal row (each)	9 cal row (each)

Both athletes start on the start mat. At the call of 3,2,1....go! Both athletes will move to the pull up rig where they will perform 7 synchro pull ups (14 synchro knee raises for beginners). On completion, the athletes will perform 11 synchro burpees over the hurdle (chest to touch the ground at the same time). They will then perform 15 synchro air squats (both athletes to be standing at the top at the same time with legs locked out). One athlete will then perform 12 calories on the row (9 for beginners) and on completion the second athlete will do the same. Continue in this fashion for 14 minutes.

Score is the number of rounds and reps performed in the 14 minute time period.

MOVEMENT STANDARDS

SYNCHRONISED PULL UPS

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, with the feet off the ground. At the top, the chin must clearly be over the bar. Both athletes chins must be over the bar at the same time for the rep to count.

SYNCHRONISED BURPEE OVER HURDLE

The burpee must be performed perpendicular and facing the hurdle. The athlete can jump or step feet back so she is lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their partner. The athlete can then either jump or step feet back up from the burpee. The athlete must jump over the hurdle from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (except for beginners). The rep ends when the athlete lands on both feet on the opposite side of the hurdle. Before starting the next rep, the athlete must again be facing the hurdle. Both athletes must have the chest on the ground at the same time for the rep to count.

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 AIR SQUAT

Athlete starts standing. Athlete then descends into a full squat with the hip crease passing below the knees. Both athletes must then return to a fully standing position at the same time to complete the rep.