

Event 1: Uphill Both Ways

12 MINUTE CLOCK:

40 cal bike Buy In, then complete:

6 rounds, you go I go, of:

- 12 Wall Balls
- 8 Burpees over the Bar
- 4 Power Cleans

Then complete 40 cal bike Cash Out

This workout is for time. If the team did not finish under the time cap, then their score is the total calories or Rounds+Repetitions at the end of 12 minutes.

A Tie Break time will be recorded at **the end of 6 rounds of work**, before the cash out calories.

Division Specifics:

Wall Ball – F 14# to a 9ft target. M 20# to a 10ft target.

Scaled: F 10# to 9ft target. M 14# to 10ft target

Power Cleans – RX Weights 155/105. Scaled Weights 105/75.

Workout Flow:

The workout starts with Athletes next to their bike.

At the call of “3, 2, 1, GO” Athlete A will hop on the bike and begin working. Each Athlete is responsible for completing 20 calories, however Athletes may switch as often as needed.

An Athlete may NOT accumulate more than 20 calories.

Once the buy in is complete, Athletes move on to their 6 rounds of work. This workout is a “you go, I go” style meaning one partner is at rest while the other completes one full round of 12 wall balls, 8 burpees over their barbell, and 4 Power Cleans. Athletes must rotate after each round is completed.

At the end of 6 total rounds the Judge will mark a Tie-break time, and the Athletes will move back to the Bike to Cash Out the workout with 40 calories. Athletes are again responsible for 20 calories each, and may switch as often as needed. Once the appropriate number of calories have been accumulated by each Athlete, the Judge will call a Final time.

Workout Notes:

- Teams accumulate 40 calories, but Athletes are responsible for 20 calories each .
- The 6 rounds of work is you-go-I-go fashion.

Movement Standards:

Air Bike:

- Athletes may adjust the bike seat prior to beginning the workout.
- Athletes must NOT touch the bike display. Resetting or delay due to an Athlete touching the monitor will not be adjusted.
- Athletes begin the workout standing beside the bike.

Wall Ball Shots:

- The medicine ball must be in the support position in front of the body at the start of each rep.
- Squat until the hip crease is below the knee.
- Squat cleaning is allowed as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the target, it is a “no rep.”
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce. If this happens, it is a “no rep.”

Burpees over the Barbell:

- The burpee may be performed next to the barbell.
- The athlete will jump or step their feet back so that they are lying down with their chest and thighs touching the ground.
- The Athlete must stand (jump or step is allowed) and jump over the barbell. A 2-foot takeoff is not required, so long as both feet are in the air at the same time during the jump.
- The rep ends when the Athlete lands with both feet on the opposite side of the barbell.

Power Clean:

- The barbell starts on the ground, with clips on.
- The Athlete may not drop below parallel.
- The rep is credited when:
 - the Athlete's hips and knees reach full extension,
 - the feet are in line,
 - the bar is supported in the front rack position with elbows clearly in front of the hands.
- The next athlete may begin their round once the last rep is dropped (not while in front rack)

Event 2: Thruster? I hardly know her

8 MINUTE TIME CAP

1-rep max Thruster, from the floor.

Score is the combination of the highest successful lift completed by each Athlete.

Division Specifics:

n/a

Workout Flow:

Athletes will begin beside their empty barbell.

At the call of "3, 2, 1, GO" Athletes will load the bar for the team's 1st lift, declare their weight to the Judge, and make their attempt.

The Judge will confirm a successful lift, and then the Athletes may continue adding weight.

Athletes may split their time however they wish, however once they have switched athletes, Athlete 1 forfeits the remaining time to Athlete 2. They have 8 minutes to complete as many lifts as they would like, with the highest successful lift for each Athlete counting towards their total score.

Workout Notes:

- Clips MUST be on the bar for all lifts. No clips mean the lift does not count.
- Athletes may help each other load the bar.
- Reps must be initiated before the Buzzer signaling the end of the workout goes off. Movements may be completed after the Buzzer (as long as bar has left the ground before the buzzer sounds).

Movement Standards:

Thruster:

- The barbell begins on the ground.
- Athlete's hip crease must clearly pass below the top of the knees when at the bottom position (clearly below parallel).
- Athlete then stands and in one fluid motion, ends the movement with the barbell above the Athlete's head. There must be no downward movement before the thruster is completed.
- The rep is credited when:
 - the barbell is locked out overhead with arms, hips, and legs extended,
 - the barbell is over or slightly behind the center of the body, with feet in line.

Event 3: Over It

RX: 7 MINUTE AMRAP OF

6 Box Jump Overs
(24/20)
3 Handstand Push-Ups
1 Ground to Overhead

or

SCALED: 7 MINUTE AMRAP OF

6 Box Jump Overs (20) *
2 Wall Walks
1 Ground to Overhead
* May Step Over

Score is the total Rounds+Repetitions.

Division Specifics:

Ground to Overhead – RX Weights 115/85. Scaled Weights 95/65.

Workout Flow:

The workout starts with both Athletes behind the start line.

At the call of “3, 2, 1, GO” both Athletes move to their station. This workout is a “you go, I go” style meaning one partner is at rest while the other completes one full round of 6 Box Jump Overs/Step overs, 3 handstand Push-ups/2 Wall Walks, then 1 ground to overhead with the barbell. Athletes must rotate after each completed round.

This continues until time is called.

Workout Notes:

- One Athlete works while the other rests.
- Any form of Ground to Overhead is allowed, but the rep will not be complete until the Athlete is in a fully locked out position with their feet side by side.
- Next athlete may not begin until barbell is dropped
- Reps must be completed before the Buzzer signaling the end of the workout goes off. Movements completed after the Buzzer sounds do not count.

Movement Standards:

Box Jump overs:

- Both feet begin on the ground facing the box. Athletes are not allowed to jump onto the corner of the box.
- A two-foot takeoff is always required, and only the Athlete’s feet may touch the box.
- After landing on the box, the Athlete must step down to the other side. Jumping down or Rebounding are not allowed.
- There is no requirement to stand tall while on top of the box.

Box Step overs:

- Both feet begin on the ground facing the box. Athletes are not allowed to step onto the corner of the box.
- Only the Athlete's feet may touch the box.
- Once both feet have touched the top of the box, the Athlete must step down to the other side.
- Jumping down or Rebounding are not allowed.
- There is no requirement to stand tall while on top of the box.

Handstand Push-up:

- Athletes must perform the handstand push-up with both hands touching the tape line. Any part of the hands may be on the line, just fingers is OK.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.
- At the bottom, the head must make contact with the ground. The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep. Feet may be no wider than the width of the hands at the lockout position.
- Kipping is allowed.
- Each rep is credited when the athlete returns to the lockout position with only their feet on the wall; arms, hips, and legs fully extended, and shoulders in line with the body.

Wall walks:

- Every rep begins and ends with the athlete lying down, with their chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line, just fingers touching is OK.
- Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must touch the wall-side tape line before the athlete can descend. Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the first tape line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first tape line and their chest, thighs, and feet touching the ground. Any part of the hand may touch the tape line.

Ground to Overhead:

- The movement begins with the barbell on the floor.
- Athlete must move the barbell to the overhead position.
- The rep is credited when:
 - the barbell is locked out overhead with arms, hips, and legs extended,
 - the bar is over or slightly behind the center of the body, with feet in line.
- Athletes may Snatch or Clean and Shoulder to Overhead. Strict, push press, power, split, etc. are all permitted as long as the required finish position is achieved.

Event 4: Angels & Devils

RX:

5 Minute EMOM
12 Toes to bar + Max Devil Press

or

SCALED:

5 Minute EMOM
12 Knee Raises + Max Devil Press

Immediately into

Immediately into

5 Minute EMOM
12 Chest to Bar + Max Devil Press

5 Minute EMOM
12 Jumping Pullups + Max Devil Press

Score is total number of completed Devil Presses.

Division Specifics:

Devil Press – RX Weights 50/35. Scaled Weights 25/15.

Workout Flow:

This workout is 2 rounds of a 5-minute EMOM. During each minute, the working Athlete will complete a gymnastics movement, and then the team will spend the balance of that minute accumulating Devil Presses.

Both Athletes will begin near their pullup bar and dumbbell. At the call of “3, 2, 1, GO” Athlete A will perform 12 Toes to Bar or 12 Knee Raises at the start of each minute in the first 5-minute EMOM. Once the T2B/KR are complete, either Athlete begins Devil Presses. When the minute is up, Athlete A starts their next set of T2B/KR, and so on for a total of 5 minutes of work.

We move immediately into the next 5-minute EMOM, with Athlete B performing 12 Chest to Bar Pullups or 12 Jumping Pullups at the start of each minute. Once the C2B/JPU are complete, either Athlete begins Devil Presses. When the minute is up, Athlete B starts their next set of C2B/JPU, and so on for a total of 5 minutes of work.

The score for this workout will be the total number of Devil Presses completed by the team.

Workout Notes:

- Hand protection is allowed.
- Overhand, underhand, or mixed grips are all permitted on the pull-up bar.
- Only Athlete A may complete Toes to Bar/Knee Raises. Only Athlete B may complete Chest to Bar Pullups/Jumping Pullups. Any Athlete may complete Devil Presses.
- There will be no break between the two EMOMs, as it will be a 10-minute running clock.
- Athletes may split work for Devils press as long as only one athlete works at a time
- Gymnastics rounds may not be skipped (at least half the reps must be completed to not receive a penalty of -3 Devils press)

Movement Standards:

Toes to Bar:

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- The rep is credited when both Athlete feet contact the bar between their hands at the same time.
- Staggered contact with the bar will result in a No Rep.
- Any part of the feet may make contact with the bar.

Chest to Bar Pull Up:

- The athlete must start each rep with their arms fully extended and their feet off the ground.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.

Hanging Knee Raises:

- Athletes begin by hanging from the pull-up bar with arms extended.
- The rep is credited when both Athlete knees have been lifted above their hips.

Jumping Pullup:

- Athletes must find a bar that is wrist height when the Athlete is standing tall. Athletes may use plates or short boxes if necessary to meet this requirement.
- At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

Devil Press:

- The athlete will jump or step their feet back so that they are lying down with their chest and thighs touching the ground, hands on the dumbbell.
- The Athlete then stands to their feet without removing their hands from the dumbbells and may snatch or swing both dumbbells from the floor simultaneously. A Clean and jerk is not allowed.
- The rep is credited when:
 - the dumbbells are locked out overhead with arms, hips, and legs extended,
 - the dumbbells are over or slightly behind the center of the body, with feet in line.