



## UK AFFILIATES - EVENT 3

### FOR TIME (WITH A 10 MINUTE TIME CAP)

#### Surrey

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<b><u>For Time (10 min time cap)</u></b>  <b>3 Rounds</b> 21 sync front squats – all 3 sync <b>50kg barbell</b> <b>1 x 24kg kettlebell</b> <b>45kg barbell</b> 15 burpees – all 3 sync 9 Strict handstand push up - shared	<b><u>For Time (10 min time cap)</u></b>  <b>2 Rounds</b> 21 sync front squats – all 3 sync <b>40kg barbell</b> <b>1 x 24kg kettlebell</b> <b>35kg barbell</b> 15 burpees – all 3 sync 9 Wall walks - shared	<b><u>For Time (10 min time cap)</u></b>  <b>2 Rounds</b> 21 sync front squats – all 3 sync <b>35 kg barbell</b> <b>1 x 16kg kettlebell</b> <b>30kg barbell</b> 15 burpees – all 3 sync 21 sit ups – all 3 sync

### FOR TIME (WITH A 10 MINUTE TIME CAP)

#### Manchester

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<b><u>For Time (10 min time cap)</u></b>  <b>3 Rounds</b> 21 sync front squats – all 3 sync <b>50kg barbell</b> <b>1 x 24kg kettlebell</b> <b>45kg barbell</b> 15 burpees – all 3 sync 9 Strict handstand push up - shared	<b><u>For Time (10 min time cap)</u></b>  <b>2 Rounds</b> 21 sync front squats – all 3 sync <b>40kg barbell</b> <b>1 x 22.5kg dumbbell</b> <b>35kg barbell</b> 15 burpees – all 3 sync 30 kettlebell swings @ 16kg - shared	<b><u>For Time (10 min time cap)</u></b>  <b>2 Rounds</b> 21 sync front squats – all 3 sync <b>35kg barbell</b> <b>1 x 16kg kettlebell</b> <b>30kg barbell</b> 15 burpees – all 3 sync 21 sit ups – all 3 sync

\* Some affiliates will use dumbbells dependent on equipment availability

At the call of 3,2,1 go all athletes will take their equipment of choice and clean it to the front rack/goblet position and commence their 21 sync front squats. All three athletes are to sync at the same time. The sync occurs at the top of the rep so if one athlete squats faster they just have to wait at the top of the rep for the other 2 athletes for the rep to count. One completion of the 21 reps all three athletes will perform 15 sync burpees with the sync being the bottom and top of the rep. Dependent on division the athletes will perform 9 strict handstand pushups (RX) or 9 wall walks (intermediate) with reps to be shared however desired (due to wall space constraints, Manchester athletes will share 30 kettlebell swings). Beginners will perform 21 sync sit ups with all 3 athletes.

This constitutes one round. Continue in this fashion for 1 more round. RX will complete 3 rounds.

Athletes can move from barbell to kettlebell (or dumbbell if applicable) between rounds however can not swap out equipment DURING rounds (ie – if you choose the heavier barbell for one round, you have to complete all 21 reps).

Your score is time taken to complete or if time capped, the number of reps completed.

## **MOVEMENT STANDARDS**

### **SYNCHRONISED BURPEE**

The athletes can jump or step feet back so they are lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their partners. The athletes can then either jump or step feet back up from the burpee. All three athletes must show full extension at the top with a jump and clap of the hands above the head at the same time.

### **FRONT SQUAT**

The barbell/kettlebell/dumbbells is to be cleaned to the front rack position to start the movement (single pieces of equipment can be held with two hands goblet style or on shoulder). At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, all athletes knees and hips must be completely open at the same time with the barbell/kettlebell/dumbbell in control.

### **STRICT HAND STAND PUSH UP**

Every repetition begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and body in line with the arms. No kipping is permitted. At the bottom, the athletes head makes contact with the floor. The feet need to remain in contact with the wall for the entire movement.

### **WALL WALK**

Every rep will start with you laying completely flat on the floor; chest, thighs, and feet touching the floor. Extend the arms by pressing to the top of a Push-Up/Plank Hold position. Climb the feet up the wall and walk hands closer to the wall until the hands touch the taped line marked approximately 6 inches from the wall and your nose touches the wall. The arms remain extended throughout. To complete the movement, return to the prone position on the floor. You do not need to have both feet on the wall before you start moving your hands.

### **KETTLEBELL SWING (AMERICAN)**

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.

### **BUTTERFLY SIT UPS**

Athletes begins on the floor, sitting up with the soles of the feet together. Descending back into the sit-up the athletes hands must touch the floor behind the head. Sitting up ALL athletes must then touch their toes with both hands. Athletes are not permitted to use hands on legs to assist with the sit up. The Sit up is complete as a rep when the toes have been touched by all three athletes at the same time.