

## Dynamic Duo events

### Event 1: Clean and Jerk Ladder.

Each athlete has 30 seconds to clear each bar. To advance forward to the next bar, each athlete must clean the Barbell to their shoulders then from the shoulders to overhead.(strict press/ push press/ push jerk). Athletes must completely lockout and extend for the repetition to count. At the following 30 second interval, the athlete will attempt to clear the next bar.

There will be one bar in between each athlete for safety. Once the first athlete clears the first 2 bars, the following athlete will continue behind in the same pattern. If an athlete does not complete a lift under the 30 sec time cap, the last weight successfully lifted will be that athlete's score. Both team members scores' will be added together and their total weight lifted will be the score for event 1.

#### Rx Male

Bar 1: 115

Bar 2: 135

Bar 3: 155

Bar 4: 185

Bar 5: 205

Bar 6: 225

Bar 7: 245

Bar 8: 265

#### Rx Female

Bar 1: 85

Bar 2: 105

Bar 3: 120

Bar 4: 135

Bar 5: 145

Bar 6: 155

Bar 7: 165

Bar 8: 175

#### Scaled Male

Bar 1: 85

Bar 2: 105

Bar 3: 120

Bar 4: 135

Bar 5: 145

Bar 6: 155

Bar 7: 165

Bar 8: 175

#### Scaled Female

Bar 1: 55

Bar 2: 65

Bar 3: 75  
Bar 4: 85  
Bar 5: 95  
Bar 6: 105  
Bar 7: 115  
Bar 8: 125  
Master Male

Bar 1: 55  
Bar 2: 75  
Bar 3: 85  
Bar 4: 95  
Bar 5: 105  
Bar 6: 115  
Bar 7: 125  
Bar 8: 135

Masters Female

Bar 1: 35  
Bar 2: 45  
Bar 3: 55  
Bar 4: 65  
Bar 5: 75  
Bar 6: 85  
Bar 7: 95  
Bar 8: 100

Event 2: 21-15-9 synchro

Athletes must complete each movement in Synchronization.

Pull-up: Both athletes must start have rep fully locked out and both athletes' chin must be over the bar at the same time before advancing to the next rep.

Deadlift: Both athletes' Barbell must start on/touch the ground, then fully lock out and extend at the top of their deadlifts to advance to the next rep.

T2B: Both athletes must start each rep fully locked out and extended, then both athletes' toes must be touch the bar at the same time to advance to the next rep.

-Pull-ups  
-DL(225/155)  
-T2B

Scaled:

JPU: Both athletes must start each rep with fully locked out arms and feet on the box/weights. Both athletes' chin must be over the bar at the same time to advance to the next rep.

Deadlift: Both athletes' Barbell must start on/touch the ground, then fully lock out and extend at the top of their deadlifts to advance to the next rep.

Knee raises: Both athletes must start each rep fully locked out and extended then bring their knees to at least a 90 degree angle at the same time to advance to the next rep.

- Jumping PU(6 in)
- DL (155/105)
- Knee raises

JPU: Both athletes must lock out arms at the bottom and both athletes chin must be over the bar at the same time to advance to the next rep.

Deadlift: Both athletes' Barbell must start on/touch the ground, then fully lock out and extend at the top of their deadlifts to advance to the next rep.

Knee raises: Both athletes must start each rep fully locked out and extended then bring their knees to at least a 90 degree angle at the same time to advance to the next rep.

Masters:  
Jumping pu (4 in)  
DL (135/95)  
Knee raises

Event 3: Chipper  
Athletes may split up the reps as they see fit.

RX athletes:  
100 Cal Row  
30 Double unders  
80 Wallballs(20/14)  
30 DU  
60 Devil press (50s/35s)  
30 DU  
40 GHD sit ups  
30 DU  
20 Box Jump Overs (30/24)  
30 DU  
10 rope climbs  
30 DU

Scaled athletes:

100 Cal Row

60 singles

80 Wallballs (14/10lbs)

60 singles

60 Devil press(35s/20s)

60 singles

40 GHD sit ups

60 singles

20 BJO(24/20)

60 singles

10 rope pulls to standing, shoulder blades must start and finish on floor

60 singles

Masters athletes:

100 Cal Row

45 singles

80 WBs(14/10lbs)

45 singles

60 Devil press (35s/20s)

45 singles

40 GHD sit ups

45 singles

20 BJO (20/\*)

45 singles

10 rope pulls from seated start to standing and back down to seated.

45 singles

Floater WOD: 2 mins max tire flips

As a team you have 2 mins to complete as many tires flips as possible. Athletes can choose to flip the tire individually back and forth, or work together on each flip

Rx Male: Heavy Tire

Rx Female: Medium Tire

Rx M/F: Heavy/Medium Tire

Scaled Male: Medium Tire

Scaled Female: Small Tire

Scaled M/F: Medium/ Small Tire

Masters M: Small Tire

Masters F:Small Tire

Masters M/F:Small Tire