

# **SPRING FLING INVITATIONAL 2019**

## **Event Descriptions**

### **TEAM EVENTS**

#### **Event 1**

Complete as many rounds as possible in 10 minutes of: **(MF/MF)** "Relay"

2 Synchro Toes-to-bars  
2 Synchro KB snatch  
30 foot walking lunge

4 Synchro Toes-to-bars  
4 Synchro KB snatch  
30 foot walking lunge

6 Synchro Toes-to-bars  
6 Synchro KB snatch  
30 foot walking lunge...

This workout begins with the first Male/Female pair of athletes standing underneath the pull-up bar. At the call of 3,2,1... GO, the pair will complete their first round of Synchronized Toes-to-Bar.

Once their set of 2 toes-to-bar is completed the athletes will advance to the kettlebells and begin performing their variation of Synchronized KB snatches. The KB does NOT have to touch the ground between repetitions. But both athletes must have the KBs locked out overhead at the same time for the rep to count.

Once their set of 2 KB snatches is complete the athletes will proceed to the KB overhead walking lunge. These do NOT have to be Synchronized. The athletes have the option to put the KBs down in between the set of snatches and the overhead lunge. But the KBs must be locked out overhead before the athletes can begin the lunge. The athletes will lunge 15 feet out,

turn around, and lunge back 15 feet finishing each round back under the pull up bar. Every 5 feet of the lunge is counted as 1 repetition. The athletes must cross each line and stand tall for the lunge rep to count. If the athletes are no repped on the lunge they must go back to the previous 5 foot line and continue their lunge set from there.

\*The other pair of M/F athletes can NOT begin the next round until both athletes finish the walking lunge.

Once round 1 is completed, The other Male/Female pair of athletes will begin the next round with 4 Synchro toes-to-bar, then Synchro 4 KB snatches, then a 30 foot walking lunge.

The M/F pairs will keep alternating rounds and continue to add 2 reps to the Synchro Toes-to- bars and Synchro KB snatch each round until the 10 minutes is up.

\*Score is total reps.

Movement standards will be gone over in the athlete briefing.

### **Variations:**

**Elite:** Synchro Double KB snatch, double arm overhead walking lunge using TWO (53/35) lb KBs.

**Rx'd:** Synchro Single arm KB snatch, single arm overhead walking lunge using ONE (53/35) lb KB.

**Scaled:** Synchro Hanging knee raises, Synchro standard KB swings, goblet hold walking lunge using ONE (53/35) lb KB.

**Masters:** Synchro Hanging knee raises, Synchro standard KB swings, goblet hold walking lunge using ONE (35/26) lb KB.

## Event 2

Complete as many rounds as possible in 20 minutes of: **(FF/MM)**

Partner A:

50 Double Unders

5 Handstand Pushups

1 Clean and Jerk

Partner B:

Accumulates Bike Cals

	Round 1 (M/F)	Round 2 (M/F)	Round 3 (M/F)	Round 4 (M/F)	Round 5 (M/F)
<b>Elite</b>	135/95	185/115	225/155	275/185	315/205
<b>Rx'd</b>	115/85	155/105	185/115	205/135	225/155
<b>Scaled</b>	95/55	115/75	135/95	155/115	185/135
<b>Masters</b>	65/45	85/65	105/75	125/85	145/105

This workout begins with the FEMALE/FEMALE pair. (Ladies First) One athlete will be standing with their jump rope in hand. And the other athlete will be seated on the assault bike with the monitor set to zero. At the call of 3,2,1... GO, Athlete "A" will work through their first round of 50 double unders, 5 handstand pushups, and 1 clean & jerk. Meanwhile, athlete "B" is accumulating Calories on the bike.

Once partner "A" completes their 1 clean and jerk the athletes will switch. Partner "B" will work through the round of 50 double unders, 5 handstand

pushups, and 1 clean & jerk. And athlete "A" will begin accumulating calories on the bike.

Athletes will NOT reset the bike monitor throughout the ENTIRE duration of the 20 minutes. This will be the second score for this workout.

Once both athletes make it through the first round and hit the starting weight for the clean and jerk they will continue this pattern until the 10:00 minute mark.

Any variation of Clean and Jerk is allowed. The barbell must be locked out overhead with the athlete standing tall for the rep to count.

- Both Athletes must climb the ladder to advance to heavier weight.
- Both Athletes can stay at the same weight for multiple rounds or go down in weight.
- Athletes CANNOT advance onto the next round or switch until they complete a successful lift.

\*The athletes can have assistance ONLY from their teammates to change weights between rounds.

At the 10:00 mark the pairs will switch. The MALE/MALE pair will begin working through the rounds and accumulating bike calories until the 20:00 mark and the FEMALE/FEMALE pair will resting or helping change weights for their teammates.

This workout has two separate scores, total combined weight lifted and calories accumulated on the bike.

\*Ex: A Team that hits 95x2-115x2-135x2-155x3-185x3-225-275x3-315 has a total score of 3,300 lbs. And 350 total bike calories

Movement standards will be gone over in the athlete briefing.

## Variations:

Scaled & Masters: Single unders, (7/5) Cal Bike, Hand Release Pushups.

## Event 3

Complete 1 round for time of: **(MF/MF)** "follow the leader"

60 Calorie Row

50 Synchro Wall Balls

40 Synchro GHD Sit Ups

30 Synchro Alt. Pistols

20 Synchro Alt. Dumbbell Snatch

10 Synchro Bar Muscle-ups

Time CAP: 18 minutes

This workout begins with the first Male/Female pair of athletes seated on their rowers with the monitor set to zero calories. At the call of 3,2,1... GO, the athletes will begin rowing to accumulate their set amount of calories. BOTH Athletes can NOT advance from the rower until BOTH monitors reaches the indicated amount of calories.

\*At the 4:00 mark the second (M/F) pair will begin the chipper. Regardless if the first (M/F) pair is off the rower or not. They will then follow behind the first pair. The second pair CANNOT pass the first pair until they both reach the tiebreak.\*

Once finished with the calorie row, the athletes will move to the Synchronized wall balls. The athletes will complete their set of Synchro wall balls, both breaking parallel at the bottom together and both making contact with the target at the same time.

Then they move to the Synchronized GHD sit ups. Touching the ground behind them and the pads in front of them simultaneously for the reps to count.

Then athletes will proceed to the Synchronized alternating pistols. Athletes must alternate legs each rep. And athletes must break parallel and stand tall simultaneously for the reps to count.

Once pistols are completed, athletes will make their way to the Synchronized alternating dumbbell snatch. Must alternate arms each rep. And Both Dumbbells must be locked out overhead simultaneously for the rep to count.

**Tiebreak time:** At the end of the set of Alt. DB snatches the judge will mark the elapsed time. In the case where two teams have the same score (total number of reps), the team with the lower tiebreak time will be ranked higher.

Once the synchro DB Snatches are complete the athletes will move to the synchronized bar muscle ups. Both athletes must be on top of the bar, locked out simultaneously for reps to count. Finishing the chipper with the 10 bar muscle ups.

\*Score is time completed or, if not completed under the time CAP this event is scored by total repetitions completed.

Movement standards will be gone over in the athlete briefing.

### **Variations:**

Elite: (30/20) lb Wall Ball, (80/55) lb Dumbbell.

Rx'd: (20/14) lb Wall Ball, (50/35) lb Dumbbell.

Scaled & Masters: 45 Calorie Row, (14/10) lb Wall Ball, Abmat Sit ups, Goblet Squats using a (35/20) lb Dumbbell, Snatches using a (35/20) lb Dumbbell, Chin-over-bar Pull-ups.

## Event 4

Complete 5 rounds for time of: (MM/FF) "All Together"

9 Synchro Partner Deadlifts

6 Synchro Bar Facing Burpees

8 Rope Climbs (2 each)

This workout begins with ALL the athletes standing over their loaded barbell. At the call of 3,2,1... GO, the athletes will complete their first round of synchronized partner deadlifts. Both barbells must be locked out at the top simultaneously for the rep to count.

Once the deadlifts are completed, the athletes will begin their bar facing burpees. All 4 athletes must synchronize the burpees for reps to count.

Then to finish off each round, each athlete will complete 2 rope climbs (8 Total). A piece of tape will be marked at 11 feet on each rope, athletes can NOT let go of the rope until their hands are underneath the 11 foot line on the way down. If they do so it will be considered a NO REP.

Athletes will continue this sequence of 9 deadlifts, 6 bar facing burpees, 8 rope climbs for 5 full rounds.

**Time CAP:** 12 minutes

\*Score is time completed or, if not completed under the time CAP this event is scored by total repetitions completed.

Movement standards will be gone over in the athlete briefing.

## **Variations:**

**Elite:**(365/245) lb Deadlifts, 15' Rope Climbs.

**Rx'd:** (315/225) lb Deadlifts, 15' Rope Climbs.

**Scaled:** (225/155) lb Deadlifts, Can Step Over Barbell, Laying to Standing Rope Climbs.

**Masters:** (185/115) lb Deadlifts, Can Step Over Barbell, Laying to Standing Rope Climbs.

**Final Event: TBA**