



Event 1

“YOU WANNA GET PUMPED?” - Trixie Mattell		10 minute cap	
Rx Division		Scaled Division	
FOR TIME: 50 partner wall ball, above paint 40 MB partner situps 30 partner box jump overs 20 high-five burpees		FOR TIME: 50 partner wall ball, into paint 40 MB partner situps 30 partner box jump overs 20 high-five burpees	
<i>Medicine Ball</i> MM 20lbs MF 14lbs FF 14lbs	<i>Plyo Box</i> All pairs 20”	<i>Med Ball</i> MM 14lbs MF 8lbs FF 8lb	<i>Plyo Box</i> All pairs 12”
<p><i>Standards</i></p> <p>Partner wall ball: Both athletes squat to full depth in tandem for all reps. One partner launches ball to prescribed target. Rep is counted when other partner receives ball.</p> <p>Partner situps: Ball must touch the ground overhead. Ball must be handed off, not thrown. All four feet must be in-line. Rep is counted at handoff.</p> <p>Partner box jump overs: You go I go. Two-footed takeoff, two feet must touch the top of the box. Athletes must step down.</p> <p>High-five burpees: Movement is synchronized. Chest and thighs must touch the ground at the bottom of the burpee. Team must jump and high-five to complete rep.</p>			



Event 2

BODYBUILDER BARBIE - Kameron Michaels	10 minute cap
All divisions	
FOR WEIGHT: 1 CLEAN + 1 JERK + 1 HANG CLEAN + 1 JERK	
<i>Barbell</i> MM: 20kg MF: 15kg FF: 15kg	
<i>Standards</i> Clean: Barbell is lifted from floor to shoulders (any “ground-to-shoulder” movement) and ends with full extension of knees and hips. Jerk: Barbell is lifted from shoulders to an overhead lockout (any “shoulder-to-overhead” movement) that ends with full extension of knees, hips, shoulders, and elbows. Hang clean: Barbell starts in the hang position, with no bend in the athlete’s arms. The barbell may not touch the ground or pass the below the knees before being lifted back to the shoulders. Complex: Must control the bar overhead until judges gives a physical and verbal “DOWN” signal for the rep to count. Score is sum of heaviest completed complex of each partner divided by team bodyweight.	



Event 3

“HELP ME I’M DYING!” - Katya			15 minute AMRAP		
Rx Division			Scaled Division		
5 synchro deadlifts 10 synchro toes-to-bar 15 synchro air squats			5 synchro deadlifts 10 synchro hanging knee raises 15 synchro air squats		
<i>Barbell</i>	<i>Pullup Bar</i>	<i>Med Ball</i>	<i>Barbell</i>	<i>Pullup Bar</i>	<i>Med Ball</i>
Set to average of weight of lifts from Event 2	High enough to allow for full hang of body without touching floor	To use as a depth gauge for air squat	Set to average of weight of lifts from Event 2	High enough to allow for full hang of body without touching floor	To use as a depth gauge for air squat
<p><i>Standards</i></p> <p>Deadlift: Rep starts from the ground and ends with knees and hips at full extension.</p> <p>Toes-2-Bar: From a fully locked-out hang position, both feet must touch the bar in between the hands to complete the rep.</p> <p>Hanging Knee Raises: From a fully locked-out hang position, all kneecaps must be raised higher than the hip creases to complete a rep.</p> <p>Air Squat: Athletes will squat until butts touch the medicine balls. The rep is complete when knees and hips reach full extension.</p>					