

Sunday PM

Elite Individuals / Masters 35-54 / Teens 16-17

“Power” - 100 points

Complete for time - 6 minute time cap

30 toes to bar

30 thrusters 95/65 pounds

50’ Dual Dumbbell Overhead Walking Lunge 50/35

Cross Finish Line

Workout Description:

With the athlete on the starting point, at the call of 3,2,1..go! The athlete will move to the pullup bar to complete 30 toes to bar. After 30 toes to bar are completed, they will advance to their barbell on the mat and complete 30 thrusters, advancing their bar into the next section every 10 repetitions. They do not need to put the barbell down to advance it. You may walk it overhead, or hold it in the front rack, or roll it forward if you choose to put down the bar. After the last 10 repetitions are completed, the athlete will roll their bar off to the side and move to their dumbbells. They will complete 50 feet of a Dual Dumbbell Overhead Walking Lunge, 25 feet down the mats, turning around, and 25 feet back. After they finish the 50 feet of lunging, they will put down their dumbbells and run across the finish mat. There will be 5 feet minimum markers along the mats. If you put down the dumbbells at any point you must return to the previous 5 foot marker you completed.

Movement Standards

Toes to Bar

- Athletes must start from a full hang with arms fully extended and feet off the ground.
- At the top of the rep, both feet must come into contact with the bar at the same time between the hands.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and rest of the athlete’s body.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.

- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body
- Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".

Dual Dumbbell Overhead Walking Lunge

- The dumbbells must remain in the overhead position while lunging. They cannot pass below the head.
- The dumbbells cannot come in contact with any other part of the body during the lunge.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.

Intermediate Individuals

"Power" - 100 points

Complete for time - 6 minute time cap

30 toes to bar

30 thrusters 95/65 pounds

50' Dual Dumbbell Front Rack Walking Lunge 50/35 pounds per hand

Cross Finish Line

Workout Description:

With the athlete on the starting point, at the call of 3,2,1..go! The athlete will move to the pullup bar to complete 30 toes to bar. After 30 toes to bar are completed, they will advance to their barbell on the mats and complete 30 thrusters, advancing their bar into the next section on the mat every 10 repetitions. They do not need to put the barbell down to advance it. You may walk it overhead, or hold it in the front rack, or roll it forward if you choose to put down the bar. After the last 10 repetitions are completed, the athlete will roll their bar off to the side and move to their dumbbells. They will complete 50 feet of a Dual Dumbbell Front Rack Walking Lunge, 25 feet down the mats, turning around, and 25 feet back. After they finish the 50 feet of lunging,

they will put down their dumbbells and run across the finish mat. There will be 5 feet minimum markers along the mats. If you put down the dumbbells at any point you must return to the previous 5 foot marker you completed.

Movement Standards

Toes to Bar

- Athletes must start from a full hang with arms fully extended and feet off the ground.
- At the top of the rep, both feet must come into contact with the bar at the same time between the hands.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and rest of the athlete's body.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body
- Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".

Dual Dumbbell Front Rack Walking Lunge

- Each lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. The rear head of the dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile.
- The Dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip on the handle and letting the dumbbell rest solely is not allowed.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.

Scaled Individuals / Masters 55+

“Power” - 100 points

Complete for time - 6 minute time cap

30 hanging leg raises

30 thrusters (75/55 pounds)

50’ Dual Dumbbell Farmer Carry Walking Lunge 50/35 pounds per hand

Workout Description:

With the athlete on the starting point, at the call of 3,2,1..go! The athlete will move to the pullup bar to complete 30 hanging leg raises. After 30 hanging leg raises are completed, they will advance to their barbell on the mats and complete 30 thrusters, advancing their bar into the next section of the mat every 10 repetitions. They do not need to put the barbell down to advance it. You may walk it overhead, or hold it in the front rack, or roll it forward if you choose to put down the bar. After the last 10 repetitions are completed, the athlete will roll their bar off to the side and move to their dumbbells. They will complete 50 feet of a Dual Dumbbell Farmer Carry Walking Lunge, 25 feet down the mats, turning around, and 25 feet back. After they finish the 50 feet of lunging, they will put down their dumbbells and run across the finish mat. There will be 5 feet minimum markers along the mats. If you put down the dumbbells at any point you must return to the previous 5 foot marker you completed.

Movements Standards

Hanging Leg Raises

- The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar, not out front.
- The heels must be elevated to clearly cross the horizontal plane of the crease of the hips
- Legs can be straight or bent if the movement standards are met.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete’s body
- Jerking the bar is not permitted. Any type of re-dip will result in a “no rep”.

Dual Dumbbell Farmer Carry Walking Lunge

- Each lunge begins with the dumbbells held in the suitcase position the feet together, and the athlete standing tall.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.

Elite Trios

“Power” - 100 points

Complete for time - 6 minute time cap

45 synchro toes to bar

45 thrusters 95/65 pounds (While 2 athletes hang on bar)

75 feet Dual Dumbbell Overhead Walking Lunge 50/35 pounds per hand

(25 feet each)

Cross Finish Line

Workout Description

With all 3 team members at the starting position, at the call of 3,2,1..go! All 3 team members will advance to the pullup rig. With 2 team members working (1 resting) they will complete 45 synchro toes to bar. You may switch team members out as needed but the toes to bar must be synchronized with both sets of feet touching the bar at the same time. After the 45 synchro toes to bar are complete, the team will advance to their bar to complete 45 thrusters. While 1 team member is performing thrusters, the other 2 must be hanging on the pullup bar. If one drops from the pullup bar, the team member must stop performing thrusters. You may switch out at any time but there must be 2 people hanging on the pullup bar before you can start your thrusters. After the 45 thrusters are complete, team member 1 starts their 25 foot Dual Dumbbell Overhead Walking Lunge. Once they reach the end, team member 2 will grab the dumbbells and complete their 25 feet of overhead walking lunges. Then after team member 2 has complete their 25 feet, team member 3 will complete their 25 feet of overhead walking lunges. After all 3 team members have completed their lunges. They will cross the finish line. There are 5 foot minimum sections for lunges, and every 5 feet is awarded as 1 repetition. There is a 6 minute time cap for this workout.

Movement Standards

Synchronized Toes to Bar

- Athletes must start from a full hang with arms fully extended and feet off the ground.
- At the top of the rep, both feet must come into contact with the bar at the same time between the hands.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and rest of the athlete's body.
- For the toes to bar to be synchronized, both team members feet must touch the bar at the same time.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body
- Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".

Dual Dumbbell Overhead Walking Lunge

- The dumbbells must remain in the overhead position while lunging. They cannot pass below the head.
- The dumbbells cannot come in contact with any other part of the body during the lunge.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.

Intermediate Trios

"Power" - 100 points

Complete for time - 6 minute time cap

45 synchronized toes to bar

45 thrusters 95/65 pounds (While 2 athletes hang on pullup bar)

75 feet Dual Dumbbell Front Rack Walking Lunge 50/35 pounds per hand (25 feet each)

Cross Finish Line

Workout Description

With all 3 team members at the starting position, at the call of 3,2,1..go! All 3 team members will advance to the pullup rig. With 2 team members working (1 resting) they will complete 45 synchronized toes to bar. You may switch team members out as needed but the toes to bar must be synchronized with both sets of feet touching the bar at the same time. After the 45 synchro toes to bar are complete, the team will advance to their bar to complete 45 thrusters. While 1 team member is performing thrusters, the other 2 must be hanging on the pullup bar. If one drops from the pullup bar, the team member must stop performing thrusters. You may switch out at any time but there must be 2 people hanging on the pullup bar before you can start your thrusters. After the 45 thrusters are complete, team member 1 starts their 25 foot Dual Dumbbell Front rack Walking Lunge. Once they reach the end, team member 2 will grab the dumbbells and complete their 25 feet of front rack walking lunges. Then after team member 2 has complete their 25 feet, team member 3 will complete their 25 feet of front rack walking lunges. After all 3 team members have completed their lunges. They will cross the finish line. There are 5 foot minimum sections for lunges, and every 5 feet is awarded as 1 repetition. There is a 6 minute time cap for this workout.

Movement Standards

Synchronized Toes to Bar

- Athletes must start from a full hang with arms fully extended and feet off the ground.
- At the top of the rep, both feet must come into contact with the bar at the same time between the hands.
- At the bottom of the rep, both feet must clearly come behind the vertical plane of the bar and rest of the athlete's body.
- For the movement to be synchronized, both the athletes feet must touch the bar at the same time.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body

- Jerking the bar is not permitted. Any type of re-dip will result in a “no rep”.

Dual Dumbbell Front Rack Walking Lunge

- Each lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. The rear head of the dumbbell must be clearly over or slightly behind the center of the athlete’s body when viewed from profile.
- The Dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip on the handle and letting the dumbbell rest solely is not allowed.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.

Scaled Trio

“Power” - 100 points

Complete for time - 6 minute time cap

45 synchronized hanging leg raises

45 thrusters 75/55 pounds (while 2 athletes hang from pullup bar)

75 feet Dual Dumbbell Farmer Carry Walking Lunge 50/35 pounds per hand (25 feet each athlete)

Cross Finish Line

Workout Description

With all 3 team members at the starting position, at the call of 3,2,1..go! All 3 team members will advance to the pullup rig. With 2 team members working (1 resting) they will complete 45 synchro hanging leg raises. You may switch team members out as needed but the hanging leg raises must be synchronized with both sets legs rising above the hip crease at the same time. After the 45 synchro hanging leg raises are complete, the team will advance to their bar to complete 45 thrusters. While 1 team member is performing thrusters, the other 2 must be hanging on the pullup bar. If one drops from the pullup bar, the team member must stop performing thrusters. You may switch out at any time but there must be 2 people hanging on the pullup bar before you can start your thrusters. After the 45 thrusters are complete, team member 1 starts their 25 foot Dual Dumbbell Farmer Carry Walking Lunge. Once they reach the end, team member 2 will grab the dumbbells and complete their 25 feet of farmer carry walking

lunges. Then after team member 2 has complete their 25 feet, team member 3 will complete their 25 feet of farmer carry walking lunges. After all 3 team members have completed their lunges. They will cross the finish line. There are 5 foot minimum sections for lunges, and every 5 feet is awarded as 1 repetition. There is a 6 minute time cap for this workout.

Movements Standards

Hanging Leg Raises

- The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar, not out front.
- The heels must be elevated to clearly cross the horizontal plane of the crease of the hips
- Legs can be straight or bent if the movement standards are met.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar must start from the ground. No racks allowed.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is permitted on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body
- Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".

Dual Dumbbell Farmer Carry Walking Lunge

- Each lunge begins with the dumbbells held in the suitcase position the feet together, and the athlete standing tall.
- The back knee must clearly make contact with the ground.
- Stepping through the lunge is allowed as long as the movement requirements are met.
- Full extension of the knee and hip is required at the top of each rep.
- An unbroken section of 5-feet must be completed before setting the dumbbells down.