

Events 3, 4, and 5

On a 20:00 running clock counting up complete:

0:00 - 14:00 (Event 3)

Buy In:

- Assault Bike Relay (20 male/10 female)

Then, as many rounds as possible:

- 20 Synchronized Alternating Dumbbell Snatches (sum of 4 dumbbells must total 180#)
- 15 Synchronized Wall Ball Relay (30/20/14/14 -OR- 30/20/20/10, 10' target for males/9' for females')

Each full round is worth 50 points.

14:00-16:00 Rest

16:00 - 18:00 (Event 4)

- 16:00-16:30: Athlete #1 completes Max Effort Gymnastics Movement
- 16:30-17:00: Athlete #2 completes Max Effort Gymnastics Movement
- 17:00-17:30: Athlete #3 completes Max Effort Gymnastics Movement
- 17:30-18:00: Athlete #4 completes Max Effort Gymnastics Movement

Gymnastics movement options, choose ONE:

- Jumping Pull Up - 1.5 points
- Pull Up - 2.5 points
- Chest to Bar Pull Up - 4 points
- Bar Muscle Up - 10 points
- Muscle Up - 14 points

Athletes may *not* change movements during the 0:30 time period.

18:00 - 20:00 (Event 5)

Max Synchro High-Five Burpees (all team members working)

Workout Description

Prior to the start of the workout, athlete #1 will be sitting on the Assault Bike. At the call fo 3, 2, 1, go...! Athlete #1 will begin working on the prescribed number of calories. Athlete #1 will remain seated on the bike until the monitor reads the prescribed number of calories, after which he/she may step off the bike and athlete #2 will sit on the bike, reset the monitor, and begin working on the prescribed number of calories. This pattern continues until all athletes have completed 1 set of their prescribed number of calories.

Once all athletes have finished their calories on the Assault Bike, they will begin working on the AMRAP. All athletes will complete 20 synchronized alternating dumbbell snatches. After all 20 reps are completed, athlete #1 and athlete #2 may begin on the synchronized wall balls. After they complete 15 reps, athlete #3 and athlete #4 may begin working on their 15 synchronized wall balls. This pattern continues until the clock reaches 14:00, at which point the team has two minutes to rest. Your score for this event is the total number of reps completed in the AMRAP.

Event 4 begins at 16:00 with athlete #1 performing as many muscle ups, bar muscle ups, chest to bar pull ups, pull ups, or jumping pull ups as possible in 30 seconds. At 16:30, athlete 1 stops working and athlete 2 begins to perform as many muscle ups, bar muscle ups, chest to bar pull ups, pull ups, or jumping pull ups as possible. This pattern continues until all athletes have completed their 30 seconds of work. Your score for this event is the team's cumulative total number of reps multiplied by points for chosen movement.

Event 5 begins at 18:00. With all team members working together, the team will work to accrue as many synchro high-five burpees as possible in 2 minutes. Your score for this event is the total number of burpees completed.

Equipment

- One Air Assault Bike
- Four dumbbells, totaling 180lbs
- Four Wall Balls
 - One 30lbs, Two 20lbs, One 10lbs
 - OR
 - One 30lbs, One 20lbs, Two 14lbs
- Rings or Pull Up Station

Movement Standards

Air Assault Bike

Team's may not use more than one assault bike. All team members must accrue their calories on the same machine and the monitor must be reset between athletes. Athletes must stay seated on the bike until the monitor reads the prescribed number of calories.

- Males will bike for 20 calories
- Females will bike for 10 calories

Synchronized Alternating Dumbbell Snatch

The dumbbell snatch begins with both heads of the dumbbell on the floor and finished when the dumbbell is directly overhead with knees, hips, and elbow locked out. You must switch hands between every rep. Switching hands in the air is permitted, however you must be sure to touch both heads of the dumbbell to the ground simultaneously for the rep to count.

Synchronization is achieved when all athletes show control of the dumbbell in the overhead position.

Teams may decide what size dumbbells to use, however all four dumbbells must total 180lbs. Teammates can switch among dumbbells during the workout but the dumbbell weight must not be changed once the workout has begun.

Wall Balls

The wall ball begins with the athlete passing below parallel on the squat and finishes when the middle of the ball hits the target above the red line on the bottom of the target. If a wall ball is dropped, you must let it settle before picking it up to begin the next rep. Catching the wall ball off the bounce to begin your next rep will result in a no rep.

Synchronization is achieved when both athletes pass below parallel simultaneously.

The following wall ball combinations are permitted

- One 30lbs, two 20lbs, one 10lbs
- OR-
- One 30lbs, one 20lbs, two 14lbs

No other combination of wall balls is not permitted.

Males will throw to a 10 foot target. Females will throw to a 9 foot target.

No one athlete is assigned a particular wall ball, however the above mentioned wall ball and target combinations may not be changed. Each wall ball must be used once during each round for a set of 15 repetitions.

Jumping Pull Ups

Prior to performing the movement, determine the proper box height. When the athlete is standing to full extension on the box, the top of the athlete's head must be 6 inches from the pull up bar.

The rep begins with the athlete lowering until the arms are at full extension and the athlete's head is beneath, not behind the pull up bar. The rep finishes when the athlete has jumped and pulled the chin above the plane of the pull up bar.

Each jumping pull up is worth 1.5 points..

Pull Ups

The rep begins with the athlete hanging from the pull up bar at full extension of the elbow and finishes when the athlete's chin passes over the plane of the bar. Any style pull up is acceptable.

Each pull up is worth 2.5 points.

Chest to Bar Pull Ups

The rep begins with the athlete hanging from the pull up bar at full extension of the elbow and finishes when the athlete's chest makes contact with the bar below the collarbone. Any style pull up is acceptable.

Each chest to bar pull up is worth 4 points.

Bar Muscle Ups

The rep begins with the athlete hanging from the pull up bar at full extension of the elbow and finishes when the athlete reaches full extension of the elbow at the top of the dip above the pull up bar. If at any time during the muscle up the athlete's heels travel above the plane of the bar, that is a no-rep.

Each bar muscle up is worth 10 points.

Muscle Ups

The rep begins with the athlete hanging from the rings at full extension of the elbow and finishes when the athlete reaches full extension of the elbow on top of the rings. If at any time during the muscle up the athlete's heels travel above the plane of the rings, that is a no-rep

Each muscle up is worth 14 points.

Synchro High-Five Burpees

All four team athletes must touch their chests to the ground at the same time and jump and high five each other in a circle. All athletes must be in the air when the high-five occurs. must be in the air when the high-five occurs.

Important Details

- Athlete's must remain seated on the Assault Bike until the monitor reads the prescribed number of calories.
 - Males will bike for 20 calories
 - Females will bike for 10 calories
- Athletes must reset the bike monitor before beginning to work on next leg of relay.
- Each team may determine what dumbbells to use, however all four dumbbells must total 180lbs.
- No athlete is assigned a particular dumbbell, meaning athletes can switch among dumbbells during the workout. Once the workout has begun, the dumbbells can not be altered.
- Each team has two options for wall ball combinations:
 - One 30lbs, two 20lbs, one 10lbsOr
 - One 30lbs, one 20lbs, two 14lbs
- Males will throw to a 10 foot target and females will throw to a 9 foot target

- No athlete is assigned a particular wall ball. In other words, athlete #1 may use the 30lbs ball on round 1 and the 20lbs ball on round 2.
- Your score for event 3 is the number of reps completed in the couplet after the assault bike relay by 14:00 on the running clock (each completed round is worth 50 points).
- Event 4 begins at 16:00
- Jumping Pull Ups are worth 1.5 points
- Pull Ups are worth 2.5 points
- Chest to Bar Pull Ups are worth 4 points
- Bar Muscle Ups are worth 10 points
- Ring Muscle Ups are worth 14 points
- You must declare which gymnastics element you are going to perform prior to beginning your 30 seconds of work.
- You may not change gymnastics elements in the middle of your work period.
 - If you declare chest to bar pull ups, you will not get credit for any pull ups performed during that time period.
- Your score for event 4 is (reps x points) + (reps x points) + (reps x points) + (reps x points)
- Your score for event 5 is number of synchro burpees completed