

2018 Solidarity Team Series Week 1

Rules

Events 1 and 2 must be done consecutively and in the same 1-hour session.

Both workouts must be judged.

Event 1

For time, complete the following: Partners 1 and 2 will complete 9-15-21 reps of:

- Synchronized Thrusters
- Synchronized Bar Facing Burpees

Immediately following, partners 3 and 4 will complete 9-15-21 reps of:

- Synchronized Thrusters
- Synchronized Bar Facing Burpees

Workout description

This workout begins with the barbells resting on the floor and the athletes standing tall. At the call of “3, 2, 1... go!” the athletes will reach down and begin the synchronized thrusters, with both athletes in the bottom of the squat and full extension at the same time. Once 9 reps are complete, they will perform 9 synchronized bar-facing burpees, with both athletes’ chests touching the floor at the same time. They will then perform 15 thrusters, 15 burpees, 21 thrusters and 21 burpees in the same fashion. When the first pair has finished, the team must adjust weights as needed and the second pair may begin. This workout ends when the last athlete’s feet land on the ground after jumping the barbell on the final rep. Every second counts in this workout. There is a 20:00 time cap on this event. The team’s score will be the time it takes to complete all 180 repetitions. In the event that the time cap is reached, the team’s score will be the total number of reps completed. Time will be recorded in full seconds. Do not round up. If the athletes finish in 10:32.7, their score is 10:32.

Movement Standards

Thrusters

- All four barbells must add to a total of 320lbs. You may divide the weight between the four athletes however you choose.
- This is a standard barbell thruster in which the barbell moves from the bottom of a front squat

to full lockout overhead. The hip crease must pass below the top of the knee in the bottom of the squat and the athlete must show full extension of the knees, hips, and elbows, with the bar directly overhead.

- Both athletes must reach the bottom of the squat and full extension at the same time for the rep to count.

Bar Facing Burpees

- Each burpee must be performed perpendicular to and facing the barbell. At the bottom the athlete's chest and thighs must touch the ground, and the athlete's head may not be above the barbell.
- Both athletes must touch their chests to the floor at the same time for the rep to count.
- Two of the four athletes are required to use a two foot jump back, two foot jump up, two foot take-off and two foot landing when performing the burpees.
- The other two athletes are permitted to step back, up, and over the barbell.
- The next rep will begin on the opposite side, facing the barbell.

Equipment

Two barbells. Men's or women's are permitted as long as all four athlete's weights total to 320lbs.

Event 2

Each athlete must complete the following work consecutively with no additional rest between stations:

- 1:00 Max Burpee Box Jump Overs
- 1:00 Max Double Unders
- 1:00 to Establish a Max Squat Clean

Workout Description

Each athlete will complete this workout individually. The order is determined by the athlete's estimated max clean, with the athlete estimating the lightest weight going first. The workout begins with the athlete standing tall. At the call of "3, 2, 1... go!" the athlete will begin performing burpee box jump overs. At 1:00 on the clock the athlete will begin performing double unders. No additional time for transition is allowed. At 2:00 on the clock, the athlete will have a 1:00 window to establish a 1 rep max clean. The athlete may take as many attempts as he/she would like in that window. At 3:00 on the clock, athlete 2 begins performing burpee box jump

overs. This pattern continues until all 4 athletes have completed their 3:00 of work. Your score for this event will be the total of all four athletes (number of burpee box jump overs x 10) + number of double unders + pounds successfully cleaned.

Movement Standards

Burpee Box Jump Overs

- Each burpee must be performed perpendicular to and facing the box. At the bottom the athlete's chest and thighs must touch the ground.
- There is no requirement to show extension on top of the box.
- Both athletes must touch their chests to the floor at the same time for the rep to count.
- Two of the four athletes are required to use a two foot jump back, two foot jump up, two foot take-off and two foot landing when performing the burpees.
- The other two athletes are permitted to step back, up, and over the barbell.
- The next rep will begin on the opposite side, facing the box.
- Men will use a 24" box. Women will use a 20" box.

Double Unders

- This is a standard double under in which the rope passes completely under the feet twice per jump. The rope must spin forward for the rep to count.
- If the athlete elects to perform single unders, their total number of single unders will be divided by three before being added into the total score.

Squat Clean

- The barbell begins on the ground. The barbell must be taken from the ground to the bottom of the squat, with the hip crease clearly below the knee. The rep finishes with the athlete standing tall and the barbell resting on the shoulders in the front rack position.
- Catching the bar above parallel will only be permitted if the athlete continues to drop below parallel in a smooth motion without pausing or rising before achieving the required depth.
- A power clean plus front squat is not permitted.

Equipment 1 Box 1 Jump rope per athlete 1 45lbs barbell Bumper plates and change plates no smaller than 2.5lbs 1 pair of clips for the barbell