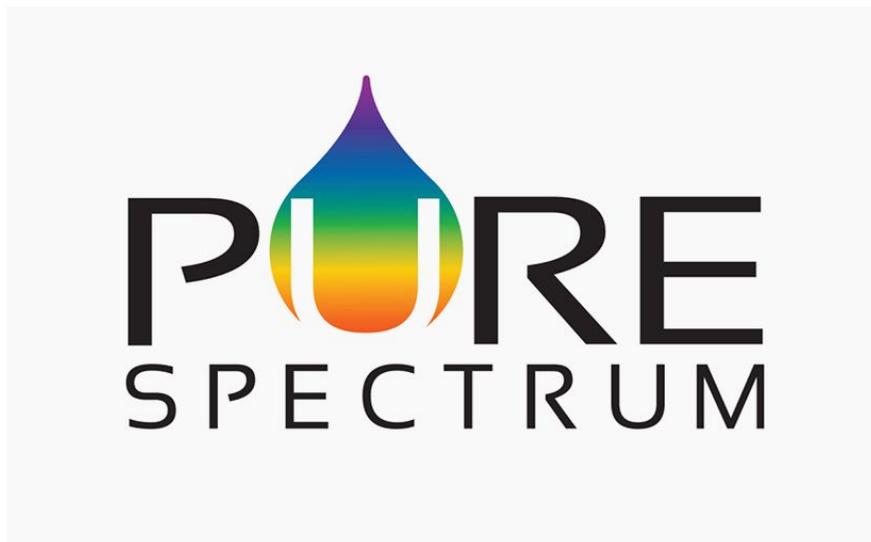




Presented by



# Team Workouts

(Pro & Open)

# "Team Bar Complex"

Sponsored by:



**Location: Stadium**  
**Points available: 100**

MF 1 complete the following in synchro, then tag MF2 to complete:

10 Deadlifts

9 Cleans

8 Snatches

(Open - 95/65 lb., Pro - 135/95 lb.)

Then,

Open - 54 Sync Toes to bar

Pro - 54 Sync Pull ups

MF 1 complete the following in synchro, then tag MF2 to complete:

8 Deadlifts

7 Cleans

6 Snatches

(Open - 115/75 lb., Pro - 155/105 lb.)

Then,

Open - 42 Sync Pull ups

Pro - 42 Sync Chest to bar

MF 1 complete the follow in synchro, then tag MF2 to complete:

6 Deadlifts

5 Cleans

4 Snatches

(Open - 135/85 lb., Pro - 185/125 lb.)

Then,

Open - 30 Sync Chest to bar

Pro - 30 Sync Bar muscle up

15 minute cap

## **Workout Flow:**

At 3, 2, 1, GO! Athletes in pairs of MF will begin with the following complex for time, with a 15 minute time cap. The first MF pair will start with 10 Deadlifts, 9 Cleans, and 8 Snatches. These will need to be done in SYNCRO with the synchronized element being the top position of each movement. Once complete, they will run back to the starting line and tag MF 2 to complete the same. Once MF 2 are complete with their barbell work, they will run back to the starting line for the 54 synchro toes to bar (Open) or pull ups (Pro) to begin. There is no requirement on the gymnastic elements for it to be mixed or same sex, or how many rotations. The only requirement is (this applies to the entire workout as well) that ONLY TWO PEOPLE CAN BE ON THE FLOOR AT A TIME. So, rotating a person out requires them running back to the starting line for the switch (both athletes don't need to run back if only one is switching out).

In the same way that round one is done, rounds two and three will be done in the same way. In between rounds one and two, and two and three, the bars will be adjusted for a heavier weight, which must be done after the previous gymnastic element has been completed (it's not required for athletes to run back to the starting line if going straight from the gymnastic element to the barbell).

The workout is complete and time is taken when the final rep of the gymnastic element is complete and that final pair makes it back to the starting line.

## **Movement standards:**

**Deadlifts-** Standard movement will be conducted by starting with the bar on the ground, conducting a good lift with full extension of legs, hips open, shoulders standing tall at the top for a lockout before returning the bar back to the ground. Bouncing the bar off the ground for a partial lift will be considered a "No Rep".

**Cleans-** Standard movement starting with the bar on the ground, and being able to clean the weight so that at the top of the movement you have full extension in the legs, the hip crease is open, and your elbows are fully in front of the bar with the weight on your front shelf near your clavicle. Control the bar down if you are dropping in-between reps, but ensure you start with it fully on the ground (don't catch it in the air) to conduct the next rep.

**Snatches-** Standard movement will start with the bar on the ground, and the movement will be started and completed in one motion moving the bar from the ground immediately to overhead into a solid lockout position consisting of arms locked out overhead, head 'through' the front of the bar, hip crease open, and legs straight. A 'No Rep' will be given if the bar is not controlled down past the shoulders for safety concerns. If the bar comes into contact with the top of the head while snatching, it will also be considered a 'No Rep'.

**Toes to bar -** Standard movement will start with the athletes heels behind the vertical uprights and finishing with the toes simultaneously making contact BETWEEN the hands on the pull up bar. Kipping

or strict may be used. Athletes will be required to face a specific direction (noted by judge) for reps to count. Synch is both sets of feet making contact at the same time.

Pull ups - Standard movement will begin with the athlete at a full hang below the pull up bar and finish once the athlete's chin passes over the horizontal plane of the bar. Reps may be strict or kipping. Athletes will be required to face a specific direction (noted by judge) for reps to count. Synch is both chins over at the same time.

Chest to bars - Standard movement will begin with the athlete's body at a full hang below the pull up bar and then pulling their body to touch the clavicle or lower to the pull up bar. Kipping or strict reps can be used. Athletes will be required to face a specific direction (noted by judge) for reps to count. Synch is both chests to bar at the same time.

Bar muscle ups - Standard movement will begin with the athlete's body at a full hang below the pull up bar and then pulling themselves up and on top of the pull up bar. The toes may not rise above the horizontal plane of the pull up bar during the kip. You may rest in a full lock out position before starting the next rep. However, you may not rest body on the bar without making an attempt to lock out. If the judge believes the athlete is resting, the athlete will be asked to dismount or else the next rep will not be counted. Athletes will be required to face a specific direction (noted by judge) for reps to count. Synch is both athletes locked out above the bar at the same time.

All movements have standards that are well established within the CrossFit community and will be followed by the guidelines that have been posted.

# "Team Skills & Sprint"

Sponsored by:



**Location: Field**  
**Points available: 200**

MM perform one AMRAP while FF perform other AMRAP for 6 minutes. Then, 1:00 to switch, and perform other AMRAP.

## "Team Skills"

From 0:00 to 4:00:

Each partner get a score for each:

Max seconds Tuck L-sit

Max inches Broad jump

From 4:00-5:00:

Partner 1 Max shuttle run

From 5:00-6:00:

Partner 2 Max shuttle run

6:00-7:00: MM and FF partners switch

## "Team Sprint"

On a 6:00 clock, pairs work together alternating through with one person working at a time for max reps of:

10 GHD SU

10 Cal Bike

10 HSPU

\*Pro = 15, 15, 15 reps.

## Workout Flow:

At 3, 2, 1, GO! The female pair will begin on the “Skills” portion of the workout. They will have four (4) minutes for both partners to achieve a max tuck L-sit hold. They will each have up to two (2) attempts to get their max score. Once L-sit score is recorded, they may move to the broad jump where they will each have up to three (3) attempts, which can be taken alternating and the judge recording the highest score. There will be a 30-second, and 10-second warning before the fourth minute, where the first female will have 60 seconds (minute 4:00-5:00) to get as many 10-yard shuttle reps as possible. Immediately, at minute 5:00 and until 6:00, the second female will do the same for max reps. At the completion of 6:00 of work, both athletes will have recorded their max tuck L-sit times, max broad jump scores, and max shuttle runs. These scores will be added to the males scores for a team L-sit, broad jump, and shuttle run score.

From 6:00-7:00 there is a one minute changeover for the females to move to the “Sprint” workout and for the males to move to the “Skills” workout. During this time, the GHD’s, Bikes, and HSPU stations can be adjusted as necessary for the team.

At minute 7:00, the “Sprint” workout will begin for the females, where the first female will run from the starting line to the GHD complete required reps. Once complete, she will run forward to the bike to tag her partner to pedal the required reps. Once complete, that female will run forward to tag her partner at the wall to begin the HSPU. If the athlete cannot complete the entire # of reps on the exercise, the athletes can share the reps at the station until complete before advancing forward. During the entire workout, the previous station must be completed and both athletes (and judge) be within an arm’s length of the station before reps can begin. (What we are trying to prevent is athletes being ahead of the judge and beginning the exercise before the judge gets there). At the end of the 6:00, females will have a score for rounds and reps completed at the station, which will be added to the males rounds and reps for a team score.

The male’s workout is the same as the female’s in reverse order. 100 points for each of Skills and Sprint.

\*Open/40+ team athletes will have the following options for GHD situps and HSPUs:

GHD - 2:1 reps Abmat sit ups with 6# med ball

HSPU - 1:1 wall walk

See movement standards below. **The athlete must choose one or the other and cannot mix and match movements. Due to the team only having a single lane for HSPU, if wall walks are chosen by either male or female in the pair, it would make most sense to agree to athletes using the same method and not having to move abmat/plate set up on and off the wall.**

## Movement standards:

GHDSU- All athletes will be required to touch the pad around the ankles with both hands at the top of the movement. When going back down, men will be required to touch the ground with both hands, while women will touch an 8” target off of the ground with both hands. Both spots must be touched each movement for that rep to count.

Cal Bike- Athletes must stay on the bike for the entire amount of calories in their workout setup.

HSPU- The repetition starts with the athlete's body in a vertical position with palm of hands within a 36" wide by 24" inch deep box, the heels on the wall and arms locked out with the body in a generally straight line. Lower the body until the top of the head touches the target (ground for Pro or 25# plate + Abmat for Open), and then push body back to starting position. At the top, the arms must be locked out, and the heels have to touch the wall in order for the rep to count. A 'No Rep' will be given if the athlete's feet are not in contact with the wall while the body is back at the starting position after performing a rep, and falls away from the wall. Kipping or strict may be used.

Abmat situps w/6# med ball - Each lane will be equipped with one Abmat and one 6# medicine ball. The athlete will sit back over the Abmat and touch the ball overhead while keep the hips on the mat. Then, they will sit up and touch the medicine ball in front of their feet for the completion of the rep. Two reps must be done for every

Wall walk - If this option is chosen, the athlete must move the mat and plates from the wall, either in the :60 "rest" window, or before the wall walks begin. The athlete will begin with the body straight, chest to the floor and feet touching the wall, and will walk their feet up the wall until BOTH palms of their hands are within the 24x36" box in place for HSPU's. Each rep will consist of beginning with chest to the floor and finish with the athlete vertical. Each wall walk repetition will count as one HSPU.

# "Team Rope Burn"

Sponsored by:



**Location: Stadium**  
**Points available: 100**

For time:

Each team member, one at a time, in FMFM order, do the following:

3 Rounds

30 Double unders (Pro - 40)

3/2 Rope climbs (Pro men = 3 legless, women = 2 legless)

18-min time cap

**Workout Flow:**

At 3, 2, 1, GO! The first female will run from the starting line to the mat where she will begin the workout of 3 rounds of double unders and rope climbs. Once the final rope climb is complete, she will run to the starting line and tag the first male for him to begin. Once his final rope climb is complete, he will run to the starting line and tag the second female. Once her rope climbs are complete, she will run and tag the final male. The workout is complete once the last male has completed his rope climbs and runs back to the starting line.

**Movement standards:**

Double unders - The standard on the double under is that the athlete turns the rope twice under the feet for every rep. Athletes will be using one of three (3) sizes of jump ropes that can be chosen and fitted in the 4:00 window between heats, or by bringing a specifically marked rope purchased at the JumpNrope booth beforehand. Personal ropes, even if they are beaded and look similar, cannot be used. Any knots applied to the ropes must be removed after the event.

Rope climb - Open athletes will be doing a 12' rope climb that can be done with or without the use of the feet/legs. At the top, the athlete must CLEARLY touch the center of the beam. If the touch is questionable, the judge will not count the rep and the climb must be performed again. Athletes MUST show control on their descent on the rope and cannot jump until their hands have passed under the 9' mark on the rope.

Pro athletes will be doing legless rope climbs, which means that they cannot pinch the rope on the ascent in ANY way. If it appears that the athlete closes the legs or feet onto the rope at any point in the climb, the judge will call a "no rep" and it must be attempted again. Once they have CLEARLY touched the center of the beam with their hand and been given the rep, they may use their feet to come back down, controlling the decent and not jumping until both hands are below the 9' mark on the rope.

# "Team Burden Run"

Sponsored by:



**Location: Field**  
**Points available: 100**

5 Rounds for time of:  
10 synchro lateral burpees over rower/500 meter synchro row  
1 partner "Burden" run/30 synchro sandbag back squats

Done in a 15/10 lb. weighted vest.

Score is total time to complete. 18-minute cap.

Sandbag weights:  
Pro - (2) 90 lb. bags  
Open - (1) 90 lb. bag, and (1) 60 lb. bag

## **Workout Flow:**

The best way to understand this workout is to understand that there is one (1) judge that will be at each team's station. At 3, 2, 1, GO! Two athletes will step ahead and begin synchro burpees over rower with the judge counting those reps. Meanwhile, the other two athletes will pick up the sandbags and begin the burden run. Once the judge completes counting the 10 synchro burpees, he/she will move to the sandbag station and count the 30 sandbag squats (the rowers will be rowing during this time). Once the judge completes counting the 30 squats, he/she will confirm the completion of the row and signal the completion of the round. At that point, a new round will begin in the same way, or once the fifth completed round, the workout will be over.

There is no requirement on how the team decides to pair their athletes. There is no requirement or restriction on switching athlete's places within the rounds. All that is required is that the work be done for each round and judged in the manner described above (judge burpees, judge squats, confirm row). Workout is complete when all five (5) rounds have been completed.

## **Movement standards:**

Synchro lateral burpees over rower - One athlete will begin in the center of the rowers, while the other begins on the outside. Both athletes will touch their chest and thighs to the ground at the same time, then jump over the rower with a two-foot takeoff. The synchro element is the touching the chest/thighs to the ground at the same time (not the jump).

Synchro burden run - The burden run requires that both sandbags are shouldered, either over one or both shoulders (not carried below waist or otherwise), and ran the distance of roughly 150 yards, and returned to the starting mat. Athletes may help each other get the sandbags to the shoulder as needed.

Synchro row - There is a long handle connecting the two rowers together that requires the athletes stay in sync during the row. It is possible for one rower to advance further than the other. The distance will be taken of the lowest scoring rower for each round. At the beginning of each round, or completion of the previous, the rower must be reset to zero.

Synchro sandbag back squats - The requirement is to shoulder the bag over the back or shoulder and maintain TWO-HAND contact on the bag at all times. If one or both hands come out of contact with the bag, the squat rep will not count until done so. No hand or arm contact is allowed with the legs (too easy for people to push off and it makes it crappy to judge). Sandbags may be lifted onto partners shoulder or switched as needed.

**Saturday**

# "Team Tire Flip"

**Sponsored by:**



**Location: Parking Garage**  
**Points available: 100**

Men will have 2:00 for max reps on tire  
Directly into women 2:00 max reps on their tire

\*Only one person works at a time.  
(4:00 cap)

Weights:  
Pro - 500/400 lb. tire  
Open - 400/300 lb. tire

## **Workout Flow:**

At 3, 2, 1, GO! The males will have 2:00 to get as many tire flips as they can. Only one male can work at a time. It does not matter how many reps one gets in a row versus the other. The tire will be flipped back and forth and stay within a marked area. At 2:00, the females will begin on their tire (directly to the side of the men's tire) and each successful flip will count toward their score. At the end of the women's 2:00, the judge will add men's score + women's score for the team score.

## **Movement standards:**

Tire flip - One athlete will lift one side of the tire and flip it to the other side. The next flip will return the tire 180 degrees back to the starting point. The tire must stay within the marked area. If it goes out of the marked area, that rep will not count and it must be flipped back into the marked area.

**Sunday**

# **"Team Max Bench"**

**Sponsored by:**



**Location: CrossFit Room**  
**Points available: 100**

Each team member choose a weight and complete a max unbroken REPS of bench press to be added together for a total team score.

Pro weights: 95 lb, 115 lb, 135 lb., 155 lb.

Open weights: 75 lb., 95 lb., 115 lb., 135 lb.

## **Workout Flow:**

At 3, 2, 1, GO! Teams will have 7:00 to have each of their athletes, one at a time, starting at the lightest bar and working toward the heaviest bar, get a max unbroken set of bench press. The total number of reps of each athlete will be added together for a team score.

## **Movement standards:**

Bench press- The athlete will lift the bar out of the rack (assistance is allowed) and get it to the starting position with the arms locked out, and the bar over the chest. The judge will give the athlete the command to "begin" where they will then lower the bar until it touches their chest and then press it back up until the arms are locked back out at the top. At the top of the completed rep, the judge will give a loud count of successful repetitions completed.

A 'No Rep' will be given if the following occurs:

- The athlete's hips raise from the bench
- Either of the athlete's feet come off the ground

- The athlete fails to touch the bar to the chest
- The athlete does not fully lock out the bar at the top of the movement and wait for the judges count

\*It is extremely important to understand that the judge is NOT required to give a warning and if the lockout at the top is questionable, the judge will not count the rep. It is encouraged that the athlete practice a few reps with the judge before beginning to ensure the tempo required at the top for the rep to count (ie, if you go faster than your judge can count or see that your reps are good, you'll get no-repped, so it pays to figure that shit out before-hand!)

\*If an athlete has inability to lock out the elbow overhead, it is their responsibility to let the judge know before beginning.

\*Elbow sleeves that are 7mm or less may be used for this event.