

ROAD TO BATTLE OF CHAMPION
2 FEB 2020
WORKOUT AND MOVEMENT STANDARDS

EVENT 1

For Fastest Time

Partner Barbell Deadlift hold (60 kg) and team total repetitions to finish:

- **50 Burpees to Plate**
- **50 Overhead Plate Forward Lunges (20/10 kg)**

Buy Out: 50 Partner Deadlift (60 kg)

Time cap: 8 minutes.

Tiebreak: Time finishing 50 burpees to plate.

WORKOUT FORMAT

Prior to starting the workout, barbell must be dismantled, lying on the ground, no weight plates attached/installed. All Athletes standing tall behind starting line on their assigned lane.

At the count GO! All team member put on weight on barbell for Deadlift Hold. Once the barbell has been lifted by 2 Athletes, the remaining 1 Athlete perform Burpees to Plate. Team may or may not switch at any arrangement to complete 50 Burpees to Plates.

After finishing 50 Burpees to Plate, Team perform a total repetition of 50 Overhead Plate Forward Lunges at any team arrangement.

Notes on 50 Burpees to Plate and 50 OH Forward Lunges: Only 1 athlete work at one time while the remaining 2 Athletes perform Deadlift Hold. Repetition on Burpees or Lunges will not be counted if the barbell is touching the grounds.

After the Team completing 50 Burpees to Plate and 50 Overhead Plate Forward Lunges, Team performing total repetition of 50 Partner Deadlift. Deadlift is done by 2 Athletes working in 1 barbell. Team may switch Athletes who is performing Partner Deadlift at any arrangement with at least every team member (Athlete) performing 1 repetition for this movement.

MOVEMENT STANDARDS

A. Partner Deadlift

Start with barbell on the ground. Hands must outside the knees with two Athlete's arm crossing each other.

Repetition/Hold is counted when both Athlete's hips and knees reach full extension, both heads and shoulders are behind the bars.

Holding this position will allow the remaining Team Member to perform other movement.

- B. Burpee to plate
Start with a plate in front of the athletes.
Movement begin with chest and both legs on the grounds, movement ends with Athlete standing on top of the plate in front of them.
Athletes must do a two footed jump onto the plate for the movement to be counted as good repetition. Stepping down off the plate however, is permitted.
- C. Overhead Plate Alternate Forward Lunges (Stationary)
Start by athletes standing straight holding the plate overhead. Plates need to be held overhead at all times. Arms must not straight but plate is not allowed to touch the top of Athlete's head.
Movement starts by athletes stepping forward and ends with one of the knees touching the floor to be counted as good reps.
To start the next rep, from last position, athletes step back until standing straight up and then stepping forward again with alternate leg.

EVENT 2

As many repetitions per station, 1 minute per station, 30 seconds rest between each station. Only 2 Athletes work at a time.

Station 1: Synchronised Dumbbell Thrusters (15/10 kg)

Station 2: Synchronised Partner Sit Up

Station 3: Synchronised Dumbbell Ground to Overhead (15/10)

Total Time: 4 minutes

Tiebreak: Total repetition of Synchronised Dumbbell Thrusters (Station 1)

WORKOUT FORMAT

At the count GO! 2 athletes run to the Station 1 performing Synchronised Dumbbell Thrusters for 1 minute, then rest 30 seconds, then move to the Station 2 performing Partner Sit Up for 1 minute, then rest 30 seconds, then move to the last Station performing Dumbbell Ground to Overhead for 1 minute.

Only 2 Athletes work at one time, Athlete who is not working stay outside the station. Team member can switch partner with any arrangements on every station. Minimum 1 repetition per Athlete per Station is required.

Repetition counted once both 2 athletes completing one cycle of the movements. Any unsynchronised movement will not be counted as a repetition.

The score is the total repetition from 3 Stations.

MOVEMENT STANDARDS

A. Synchronised Dumbbell Thrusters

Start with 2 dumbbells on the ground.

At the beginning of the movement, both dumbbells are on the front rack position with at least one part of dumbbell head touching the shoulders.

While the dumbbells are stayed on the front rack position, Athlete then move to squat position. The squat must end at the bottom with hip crease below the knee. The movement cycle is ended with both dumbbells lifted overhead in a straight line from the side, with elbows, hips and knees in a full locked out position.

For the first repetition, bringing the dumbbells right into squat clean position is allowed.

The movement will be counted as good repetition only when both athletes reach the end position together, not necessarily at the same time. Faster Athlete must wait for their partner to complete one full cycle of movement before starting movement for another repetition. Fail to do so, no repetition will be given.

B. Synchronised Sit Up

Movement starts with both athletes lie down on the ground with legs in butterfly position, both hands overhead touch the touch the ground, back part of shoulders touches the ground. Movement ends with both hands touch the ground in front of the feet, shoulders in front of the hip from the side.

The movement will be counted as good repetition only when both Athletes reach the end position together and not necessarily at the same time. Faster Athlete must wait for their partner to complete one full cycle of movement before starting movement for another repetition. Fail to do so, no repetition will be given.

C. Synchronised Dumbbell Ground to Overhead

Movement starts with dumbbells on the ground.

At the beginning of the movement both of the heads of the dumbbells must touch the ground, movement ends with dumbbells overhead in a straight-line position from the side with elbows, knees and hip locked out.

The movement will be counted as good reps only when both athletes reach the end position together and not necessarily at the same time. Faster Athlete must wait for their partner to complete one full cycle of movement before starting movement for another repetition. Fail to do so, no repetition will be given.