

THE FINALE

EVENT DETAILS

TIME: 15 Minute Time Cap

GOAL: Fastest Time

MEN RX:

- Barbell - 135lbs (50+ 105lbs)
- Kettlebell - 53lbs (50+ 44lbs)

MEN SCALE:

- Barbell - 105lbs (50+ 95lbs)
- Kettlebell - 44lbs (50+ 35lbs)

WOMEN RX:

- Barbell - 95lbs (50+ 75lbs)
- Kettlebell - 35lbs (50+ 31lbs)

WOMEN SCALE:

- Barbell - 75lbs (50+ 55lbs)
- Kettlebell - 31lbs (50+ 26lbs)

BLOCK 1

5 Rounds For Time: (Each Partner)

10 Bar Facing Burpee

15 Kettlebell Swing (American)

Then:

BLOCK 2

With Time Left: I-Go-You-Go (Each Partner)

10-15-20-15-10

Barbell Deadlift

EVENT DESCRIPTION

Athletes (1) and (2) will be working simultaneously on completing (5) rounds of bar facing burpee and kettlebell swings with prescribed reps and weight. Athletes share equipment and must work together to complete all the reps before working towards their deadlift pyramid. Once athletes have completed all (5) rounds they will then complete (5) rounds of an I-Go-You-Go deadlift pyramid. Teams will be scored twice, once off of the first BLOCK and once off of the second BLOCK.

RX MOVEMENT STANDARDS

Bar Facing Burpee: Athletes must jump over the bar with both feet leaving at the same time. Athletes must complete burpees while facing the bar.

Kettlebell Swing: Kettlebell must clear overhead

Deadlift: Hips must lock at top

SCALE MOVEMENT STANDARDS

Bar Facing Burpee: Athletes must complete burpees while facing the bar.

Kettlebell Swing: Kettlebell must clear overhead

Deadlift: Hips must lock at top