



This is a 2-score event. The time it takes both athletes to complete a total of 40 calories (Rx), 30 calories (Int/Mstr), or 20 calories (novice) is the first score. At the 2:00 mark both athletes move to the 2<sup>nd</sup> portion of the workout. Any calories not completed will be seconds added to their first score.

## Part 2

One athlete working at a time. Either athlete may change weights after the deadlifts are complete. Either athlete may change the box height as well. The non-working athlete must start their round from the start/finish line each round. This is a you go, I go format with a mandatory tag out. Athlete one must complete a full round before athlete two can start their round.

Athlete one starts with 7 deadlifts, 7 box jumps (Rx, Int/Mstr) or step ups (novice), then 7 handstand push-ups (Rx Int/Mstr) or hand release push-ups (novice). Once complete they will tag out their partner who will complete 7 deadlifts, 7 box jumps, then 7 handstand push-ups. The athletes may load the next rounds weights after the deadlifts are completed, then athlete one (after tagout) will complete 6 reps of each movement, followed by athlete two completing 6 reps of each movement. They will continue through the rounds of 5 and 4 reps. Either athlete may change weights or adjust box heights while the other is working.

No bouncing deadlifts! The deadlift is complete when the hips are locked out and the shoulders are behind the bar.

Box jumps are complete when the hips are locked out at the top of the rep. Novice may step up.

Handstand push-ups start and are complete with the athlete's arms locked out and heels touching the wall. Athletes may bring a mat or towel for their head provided their hands are level (2" deficit or 25lb plate for RX) with the top of the head at the bottom of the rep. Mats will not be provided.

Novice will complete hand release push-ups. Novice ladies may do knee push-ups. The hands must visibly leave contact with the ground and the rep is complete when the elbows are locked out.

The time is complete when both athletes cross the finish line.