



Age Group Event 5

Time Cap: 20:00

MEN

For Time

45 Calorie Echo Bike
35 DB Squats (50 lb.)
25 Pull-ups (C2B)
15 Calorie Echo Bike

Time Cap: 10:00

Notes:

- 50+ division will use 1 DB for squats
- 50+ division will do chin-over-bar pull-ups

WOMEN

For Time

35 Calorie Echo Bike
35 DB Squats (35)
25 Pull-ups (C2B)
10 Calorie Echo Bike

Time Cap: 10:00

Event Flow

Athletes begin in a “felony start” on the Start/Finish mat (face down, hands on head). At the sound of the beep, athletes will get on the bike and ride the prescribed number of calories. Athletes will then move to their dumbbells and perform 35 DB squats. They will advance to the pull-up bar and perform 25 pull-ups before returning to their bike to complete their final set of calories. Time stops when an athlete places both feet on the Start/Finish mat after completing their final set of calories on the bike.

Movement Standards

For the bike, athletes may adjust the seat before and/or during the event, but may not touch the monitor at any time.

On the DB squats, the rep begins from the top, with knees and hips extended and dumbbells on the shoulders (single DB must be above the hips). There is no requirement to maintain a grip on the dumbbell the entire time. At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended.

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone. For 50+, the chin must clearly pass above the horizontal plane of the pull-up bar.

Scoring

Score for Event 5 is the total time of completion. The time cap is 10:00. Any calories not completed within the 10:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work, but are unable to reach the Start/Finish mat within the 10:00 cap, their score will be recorded as 10:01 on the leaderboard. 100 points are available for Event 5.