



Pairs Event 3

12-24-36 Rep Rounds for Time

Calorie Echo Bike*

Synchronized Thrusters (95/65 ELITE, 75/55 RX)

Synchronized Bar-facing Burpees

*Women perform rounds of 9-18-27 calories on the bike

Time Cap: 15:00

Event Flow

Both athletes begin in a “felony start” on the Start/Finish mat (face down, hands on head). At the sound of the beep, one athlete will get on the bike while the other remains on the Start/Finish mat. Athletes may alternate who is working/resting until the designated number of calories have been reached on the monitor. Once the calories have been biked in the first round, both athletes will advance to their barbells and perform 12 synchronized thrusters, then advance to their burpee bar for 12 synchronized bar-facing burpees. Once the first round is complete, athletes will return to their bike and repeat rounds two and three in the same manner. Athletes will advance the bar-facing-burpee barbell after completing the thrusters but before beginning the burpees for the rounds of 24 and 36. Time stops when both athletes reach the finish mat after completing the round of 36 burpees.

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. The non-working athlete must remain on the Start/Finish mat in order for the working athlete to pedal the bike and the calories may be partitioned between athletes any way they choose.

For the synchronized thrusters, each athlete must perform a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body. To get credit for a successful rep, both athletes must achieve the prescribed lockout position simultaneously. They do not need to arrive at the lockout at the same time, but the lockout does need to be achieved by both athletes together before beginning the next rep. The squat does not need to be synchronized between athletes but both athletes must reach full depth in order for a rep to count. Athletes will face one another and must stay in their lane.

For the synchronized burpees, each burpee must be performed perpendicular to and facing the barbell. The athletes’ heads cannot be over the barbell. The chest and thighs touch the ground at the bottom simultaneously. Both athletes’ chests must be on the floor at the same time for the rep to count. Both athletes must jump forward and over the barbell from both feet (two-foot takeoff). One-footed jumping or stepping over is not permitted. Athletes will advance their barbell to the designated area before the round of 24 and 36 synchronized burpees.

Scoring

Score for Event 3 is the total time of completion. The time cap is 15:00. Any reps not completed within the 15:00 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 Finish mat within the 15:00 cap, their score will be recorded as 15:01 on the leaderboard. 100 points are available for Event 1.