



## Pairs Event 5

### Continue as long as you are able:

0:00-1:00: 10 DB Box Step-overs + 2 Shuttle 10m Runs  
1:00-2:00: 10 DB Box Step-overs + 4 Shuttle 10m Runs  
2:00-3:00: 10 DB Box Step-overs + 6 Shuttle 10m Runs  
3:00-4:00: 10 DB Box Step-overs + 8 Shuttle 10m Runs  
4:00-5:00: 10 DB Box Step-overs + 10 Shuttle 10m Runs  
5:00-6:00: 10 DB Box Step-overs + 12 Shuttle 10m Runs  
6:00-7:00: 10 DB Box Step-overs + 14 Shuttle 10m Runs  
7:00-8:00: 10 DB Box Step-overs + 16 Shuttle 10m Runs  
8:00-9:00: 10 DB Box Step-overs + 18 Shuttle 10m Runs  
9:00-10:00: 10 DB Box Step-overs + 20 Shuttle 10m Runs  
10:00-11:00: 10 DB Box Step-overs + 22 Shuttle 10m Runs  
11:00-12:00: 10 DB Box Step-overs + 24 Shuttle 10m Runs

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Dumbbell weights are 50/35

Time Cap: N/A

### Event Flow

This is a standard on the minute “death-by” style workout. As long as the prescribed number of DB box step-overs and shuttle runs are completed within the time requirement, athletes will advance to the next round. Every minute, one athlete will perform 10 DB box step-overs. That number remains the same for the entire workout. The other athlete will perform an increasing number of shuttle runs during each successive minute. The shuttle runs increase by 2 each round: 2-4-6-8-10... Athletes will alternate who is the box stepper and who is the shuttle runner every minute. The workout ends whenever either 10 box step-overs are not completed within the minute or when the prescribed number of shuttle runs are not completed within the prescribed minute.

### Movement Standards

For the DB Box step-overs, men will use a 24” box and 50 lb. dumbbells and women will use a 20” box and 35 lb. dumbbells. Each round will begin with both DBs on the ground and one athlete standing behind them. At the sound of the beep, the athlete may pick up their DBs and begin working on their 10 reps. When stepping over the box, both feet must make contact on the top of the box but there is no requirement to stand tall on the top of the box. The rep is counted when both of the athlete’s feet make contact with the ground on the opposite side of the box from where they started. The DBs must be held in the athlete’s hands, not resting on the shoulders or anywhere else. The DBs must be set on the ground and not on the box. Setting the DBs on the box will result in a no-rep. The DB step-overs must always begin each round on the side of the box opposite to where the shuttle runs take place.

For the shuttle runs, the athlete will begin each round with both feet on the Start/Finish mat. At the sound of the beep, the athlete will run to the designated mat on the other end of their lane (the two mats will be placed 10m apart). Once both feet have made contact with that mat, the athlete will run back to the Start/Finish mat. Each down + back is counted as 2 shuttle runs. At every turn-around, both feet must clearly be on the mat in order for the rep to count. On the final rep of a minute both of the athlete’s feet must be clearly on the mat in order to be credited for that rep.

Athletes must alternate between the DB box step-overs and the shuttle runs every minute.

### Scoring

Score for Event 4 will be recorded as the highest complete round of shuttle runs + partial reps in an unfinished round. For example, if a pair completes the round of 12 shuttle runs and then performs 9 shuttle runs in the following round, their score is 12 + 9. If in any round, the 10 DB box step-overs are not completed within the minute, the workout ends. Any uncompleted DB box step-overs will be subtracted from the overall score. For example, if the pair completes the round of 12 shuttle runs + 9 shuttle runs in the round of 14, but the stepper only completes 9 DB box step-overs, their score will be recorded as 12 + 8. Another example would be that one athlete completes all 14 shuttle runs in the round of 14, but the stepper only completes 8 step-overs within that minute. In that case, the team score will be 12 + 12. There is no time cap. 100 points are available for Event 5.