



Pairs Event 4

“Hold Up”

For Time:

- 15 Kangaroos + overhead hold
- 15 Burpee box jump-overs + overhead hold
- 15 Burpee box jumps + overhead hold
- 45 Deadlifts + chin-over-bar hold
- 270 Double-unders + front rack hold
- 45 Deadlifts + chin-over-bar hold
- 15 Burpee box jumps + overhead hold
- 15 Burpee box jump-overs + overhead hold
- 15 Kangaroos + overhead hold

Points Available: 100

Time Cap: 18:00

Division Details

| Movement/Hold | Men's Details | Women's Details |
|-----------------------|---------------|-----------------|
| Kangaroos | 24" box | 20" box |
| Burpee box jump-overs | 24" box | 20" box |
| Burpee box jumps | 24" box | 20" box |
| Overhead hold | 165 lbs. | 115 lbs. |
| Deadlift | 215 lbs. | 145 lbs. |
| Front rack hold | 215 lbs. | 145 lbs. |

Event Flow

Event 4 is a chipper. While one athlete performs the prescribed reps, the other must perform the designated static hold. Repetitions will only be counted while one partner is maintaining the designated static hold. Athletes may alternate between who is performing reps and who is performing the static hold at any time.

Athletes will begin on the Start/Finish mat. At the sound of the beep, one athlete will run to the box, the other will run to their barbell. Once the static hold athlete has the barbell in the overhead position, his or her partner may begin working on their kangaroos. After 15 kangaroos have been completed, athletes must complete 15 burpee box jump-overs and then 15 burpee box jumps. Athletes may switch who is working and who is holding at any time.

After the final burpee box jump, athletes will add weight to their barbell (50 lbs. for men, 30 lbs. for women). Once the weight has been added, athletes will perform 45 deadlifts. Deadlifts may only take place while one athlete maintains a chin-over-bar hold.

After 45 deadlifts, one athlete will perform 270 double-unders. In order for double-unders to count, one athlete must hold the barbell in the front rack position. Athletes will use the same barbell and weight for the front rack hold as they used for the deadlift.

After completing 270 double-unders, athletes will once again perform 45 deadlifts while a chin-over-bar hold is maintained.

After the 45 deadlifts, athletes will remove the appropriate weight from their barbell (50 lbs. for men, 30 lbs. for women) and perform 15 burpee box jumps, 15 burpee box jump-overs, and 15 kangaroos, in that order. Again, an overhead static hold must be maintained for any version of burpee to count.

Once the final kangaroo has been performed, athletes will advance to the Start/Finish mat to complete the workout.

Movement Standards

Kangaroos, burpee box jump-overs, and burpee box jumps must all be performed perpendicular to and facing the box. A two-foot takeoff is required on all reps. The chest and thighs must touch the ground at the bottom of each rep.

For the kangaroos, athletes must jump all the way over the box on each rep. No part of the athlete's body may make contact with the box. Both feet must pass over (not around) the box. Reps are counted when an athlete lands on the opposite side of the box from where the burpee portion of the rep was performed.

For the burpee box jump-overs, one or both of the athlete's feet must make contact with the top of the box. A full stand-up is not required and reps are counted when an athlete lands on the opposite side of the box from where the burpee portion of the rep was performed.

For the burpee box jump, athletes must stand up fully and show control on the top of the box. Reps will be counted at the top of the box when full extension and control are achieved.

For the overhead hold, athletes must hold the bar in their hands with arms fully extended. It may not touch the head or any other part of the body. Feet may be in any position the athlete chooses as long as both feet remain on the mat.

Each deadlift rep starts with the bar on the floor and finishes with the athlete standing tall. At the top, hips and knees must be extended with shoulders behind the bar. Arms must remain straight throughout the movement; excessive bouncing is not permitted.

For the chin-over-bar hold, athletes must hold their chin clearly over the horizontal plane of the bar. If any part of the chin touches or passes below the horizontal plane of the bar, deadlift reps will not be counted. Overhand, underhand, or mixed grip is permitted, commando style grip (arms on opposite sides of the pull-up bar) is not.

Double-unders are counted when the rope passes under the athlete's feet twice for each jump. The rope must spin forward for each rep to count.

For the front rack hold, the bar must remain in the rack position. The rack position is defined by the barbell resting on the shoulders/torso. Any grip is permitted. Feet must remain on the mat in order for double-under reps to count.

Scoring

Score for event 4 is the total time of completion. The time cap is 18:00. Any reps not completed within the 18:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work except for the final 1 kangaroo, their score will be recorded as 18:02 on the leaderboard (one second for each rep not completed plus one rep for not getting to the finish mat). 100 points are available for Event 4.