



Masters Event 1

“BAKER”

5 Rounds on a 2-Minute Timer:

Round 1: 0:00-2:00: 8 Burpee Box Jump-Overs + 10/7 Calorie Airdyne

Round 2: 2:00-4:00: 8 Burpee Box Jump-Overs + 20/14 Calorie Airdyne

Round 3: 4:00-6:00: 8 Burpee Box Jump-Overs + 30/21 Calorie Airdyne

Round 4: 6:00-8:00: 8 Burpee Box Jump-Overs + 40/28 Calorie Airdyne

Round 5: 8:00-10:00: 8 Burpee Box Jump-Overs + 50/35 Calorie Airdyne

Points Available: 100

Time Cap: 10:00

Event Flow:

Event 1 consists of five 2-minute rounds. In each round, athletes have 2 minutes to complete 8 burpee box jump-overs + the prescribed number of calories on the Airdyne. If an athlete completes the required work within the allotted time, they will then have the remaining time within that 2-minute round to rest and will advance to the following round on the next 2-minute time increment. The prescribed number of burpee box jump-overs is 8 reps in every round for both men and women. The calories on the Airdyne increase with each round. Men's prescribed calories on the Airdyne per round are 10-20-30-40-50 (10-30-60-100-150 on the monitor). Women's prescribed calories on the Airdyne per round are 7-14-21-28-35 (7-21-42-70-105 on the monitor).

Event 1 ends in one of two ways:

- 1) If an athlete completes all 50/35 calories on the Airdyne in the 5th and final round, he or she will get off the bike and stand tall on top of his or her box (the box is the finish mat). Athletes that finish the event will have a finish time on the leaderboard.
- 2) If an athlete fails to complete the prescribed number of burpee box jump-overs or calories within the allotted time in any given round, they will not continue on to the next round. Athletes will receive credit for every burpee box jump-over and every calorie completed. Athletes that do not complete all 150/105 calories will have a Cap + the number of uncompleted calories and 1 point for not reaching the finish mat.

Movement Standards:

Before the first round, the athlete will stand next to the Airdyne bike with a hand placed on the seat until the call of go. For the rest of the rounds, a hand must be placed on the Airdyne or they can stay seated before starting the burpee box jump overs.

Burpee box jump-overs must be performed perpendicular to and facing the box. The chest and thighs must touch the ground at the bottom of each rep. A two-foot takeoff is required and 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 age groups 50-54 and 55+, the athletes may step up on the box instead of jump. For all other Masters age groups, athletes must perform a two foot jump for rounds 1-3. Stepping up is permitted for rounds 4 and 5.

On the Airdyne, athletes may adjust the seat before and/or during the event, but may not touch the monitor at any time. The monitor will not be reset each round, so the calories will have a running total. The calories for the Men will read 10-30-60-100-150. The calories for the Women will read 7-21-42-70-105.

Scoring:

Event 1 score is the total time of completion. Any reps not completed in the cap for each round will be added as additional seconds to their cap time. For example, if a male athlete completes 40 calories in the 5th round, their score will be recorded as 10:11, a ten second penalty for not completing all 50 calories, and one rep for not standing tall on the box (finish mat). 100 points are available for Event 1.