

Workout 1: Syncing Chipper

heavy rope SU

The rope passes under the feet once for each jump.

The rope must spin forward.

TTB

Athletes begin by hanging from the pull-up bar with their arms fully extended.

Before each rep, the heels must be brought back behind the rig.

The rep is credited when both feet touch the bar between the hands at the same time.

Any part of the feet may make contact with the bar.

The athlete is allowed to use gymnastic grips.

Overhand, underhand, or mixed grips are all permitted.

The rep may be done strict, or kipping.

Knee Raises

Athletes begin by hanging from the pull-up bar with their arms fully extended.

Before each rep, the heels must be brought back behind the rig.

The rep is credited when the athlete's knees rise above the hips.

The athlete is allowed to use gymnastic grips.

Overhand, underhand, or mixed grips are all permitted.

The rep may be done strict, or kipping.

Russian KB swings

Athletes begin with the KB in a hanging position.

Before each rep, the KB must be brought back behind the legs.

The athlete then swings the KB up and in front.

The rep is credited when the KB is above shoulder height, with arms fully extended.

During the rep, the athlete may choose to bend the arms.

Sync TTB & KB swing

Athlete A performs the toes to bar, while athlete B is performing the KB swings at the same time.

Reps only count if they are in sync, and the syncing moment is on top.

This means that the KB must be above the shoulders of athlete B, while the toes of athlete A touch the bar.

Athlete A is allowed to wait with their feet against the bar until the KB raises above the shoulders.

Athlete B is allowed to wait with the KB above their shoulders until Athlete A touches the rig with their feet. Athletes may switch exercises at any time.

Sync Knee raises & KB swing

Athlete A performs the knee raises, while athlete B is performing the KB swings at the same time.

Reps only count if they are in sync, and the syncing moment is on top.

This means that the KB must be above the shoulders of athlete B, while the knees of athlete A rise above the hips.

Athlete A is allowed to wait with their knees above their hips until the KB raises above the shoulders.

Athlete B is allowed to wait with the KB above their shoulders until the knees of Athlete A rise above the hips.

Athletes may switch exercises at any time.

Sync. Alternating DB Snatch

Each rep starts with both heads of the dumbbell touching the ground.

The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body.

A partial squat in the receiving position is allowed but NOT required.

The rep is credited when the knees, hips, and elbow of the working arm are fully extended.

The next rep must be performed with the other hand.

When switching hands, the switch can happen anywhere on the way down, or on the ground.

The non-lifting hand does not make contact with the body at any time during the movement

A pause during the movement (clean and jerk) is not allowed.

The syncing moment is on top, where both athletes need to have their knees, hips, and elbow of the working arm fully extended, at the same time.

Chest to Bar

Athletes begin by hanging from the pull-up bar with their arms fully extended.

Before each rep, the heels must be brought back behind the rig.

The rep is credited when the chest clearly contacts the bar at or below the collarbone.

The athlete is allowed to use gymnastic grips.

Overhand, underhand, or mixed grips are all permitted.

The rep may be done strict, kipping, or butterfly.

Pull-up

Athletes begin by hanging from the pull-up bar with their arms fully extended.

Before each rep, the heels must be brought back behind the rig.

The rep is credited when the chin rises above the pull-up bar.

The athlete is allowed to use gymnastic grips.

Overhand, underhand, or mixed grips are all permitted.
The rep may be done strict, kipping, or butterfly.

Ring rows

The athletes start by hanging from the rings with their arms and legs fully extended and their feet clearly on the other side of the tapeline.

The athletes pull themselves towards the rings.

The rep is credited when the rings or thumbs make contact with the athlete's chest.

The legs and hips must remain fully extended during the entire movement. A kipping movement is not allowed.

Moving the feet on or over the line during any part of the rep will result in a no-rep.

DB overhead hold

Both dumbbells need to be in an overhead position with knees, hips, and elbows fully extended.

The dumbbells must be right above the athlete.

Holding them outside of the shoulders is not allowed.

Sync C2B/Pull-up/Ring rows & DB overhead hold

The gymnastic reps are only credited when the whole rep is performed while the other athlete holds the dumbbells in an overhead position with knees, hips, and elbows fully extended.

Athletes may switch exercises at any time.

Workout 2: March with the devil

Buddy Deadlift

Each rep starts with the barbell on the ground (both plates touching the ground).

Both athletes stand on the same side of the barbell and lift the barbell at the same time.

The rep is credited when the hips and knees of both athletes reach full extension, and their heads and shoulders are behind the barbell.

Hands must be outside the knees, sumo deadlifts are not allowed.

Pronated, supinated, and mixed grip are all allowed.

Sync burpees over barbell

Athletes start on opposite sides of the barbell and face the crowd.

The chests and thighs of both athletes must touch the floor at the bottom of each rep at the same time.

Athletes are allowed to remain in laying position until the other athletes chest and thighs touch the floor.

Jumping or stepping in and out of the bottom of the burpee is permitted.

The athletes then jump over the barbell (both feet must be off the ground at the same time, stepping is not allowed).

Jumping does not have to be done synchronized.

The rep is credited when both athletes have their feet on the ground on the opposite side of the barbell.

D-ball/Sandbag Carry

The athlete picks up the D-ball or sandbag and starts walking around the trail.

You always leave and enter your lane in the indicated direction walking around the cone without walking through other lanes.

The D-ball or sandbag may be held in bearhug position or on the shoulder.

The athlete may drop the D-ball or sandbag at any point during the course.

Throwing the D-ball or sandbag forward while dropping it is not allowed.

Blocking other athletes is not allowed.

Farmer Carry

The athlete picks up both dumbbells and starts walking around the trail.

You always leave and enter your lane in the indicated direction walking around the cone without walking through other lanes.

The dumbbells may only be held in the farmer position.

It is not allowed to rest the dumbbells on your upper legs.

The athlete may drop the dumbbells at any point during the course.

Throwing the dumbbells is not allowed.

Blocking other athletes is not allowed.

D-ball/SB + Farmer Carry sync.

Athletes do not have to stay together during the D-ball or Sandbag and farmer carry.

Athletes may switch exercises at any time during the course, they don't have to be at the same point of the course at the time of the switch.

Once you are back in your lane, you cannot switch with the other athlete anymore.

The athlete may already drop the farmers or the D-ball but you are not allowed to start on the devil presses until the other athlete is back in the lane.

Devil presses

The athlete grabs one dumbbell in each hand and moves down until the chest and thighs touch the floor at the same time.

Then the athlete steps or jumps on their feet and moves the dumbbell overhead in one fluent motion.

Pausing with the dumbbells on the shoulders is not allowed.

The rep is credited when the dumbbells are centered above the head of the athlete with their knees, hips, and elbows fully extended.

Workout 3: Lift Forrest Lift!

Buddy Rope run

The athletes pick up the heavy rope and run around the trail.

You always leave and enter your lane in the indicated direction walking around the cone without walking through other lanes.

During the entire run, both athletes need to hold on to the rope.

Blocking other athletes is not allowed.

Clean and Jerk

Each rep starts with the barbell on the ground (both plates touching the ground).

The barbell moves from the floor to the front rack position, where the elbows are in front of the bar.

From the front rack position, the athlete moves the barbell to an overhead position where the bar is straight above the head of the athlete.

The rep is credited when the knees, hips, and elbows are fully extended and the athlete shows control over the barbell.

The clean may be performed as a muscle, power, or squat clean.

Extending the hips and dipping before the jerk is allowed, but not required.

The jerk may be performed as a push jerk, split jerk, push press, or strict press.

Dropping the barbell behind will result in a no-rep.

Dropping the barbell with plates of 5kg or lower is not allowed and will result in a no-rep.

Complex: Snatch deadlift + snatch + hang snatch

Each rep starts with the barbell on the ground (both plates touching the ground).

The barbell is deadlifted with the hands placed in the snatch grip position.

At the end of the deadlift, the knees and hips must be fully extended and the head and shoulders of the athlete must be behind the bar.

The athlete moves the barbell back down to the ground (both plates touching the ground).

The barbell is only allowed to touch the ground, it may not rest on the ground.

The barbell is then moved into the overhead position in one fluent motion.

At the end of the snatch, the knees, hips, and elbows must be fully extended, with the barbell over the heels.

The athlete must show control over the barbell before moving the barbell down for the hang snatch.

The athlete may start the hang snatch with the barbell anywhere between knee and hip height.

The barbell is then moved into the overhead position in one fluent motion.

At the end of the snatch, the knees, hips, and elbows must be fully extended, with the barbell over the heels.

The athlete is allowed to regrip the bar while having the bar in the hang position.

The barbell may never be resting on the ground during any part of the complex.

Dropping the barbell behind will result in a no-rep.

Dropping the barbell with plates of 5kg or lower is not allowed and will result in a no-rep.