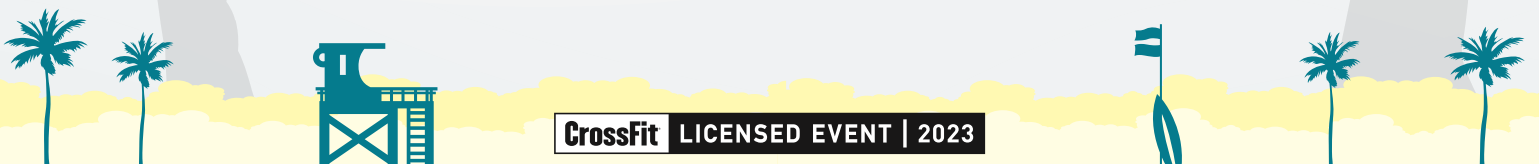


# General Competition Rules

*Workouts & Standards*

WELCOME  
TO THE

Beach  
SHOWDOWN  

# Welcome

## Dear athletes,

Congratulations for reaching the finals of the 2023 Beach Showdown Outdoor Team Edition, official 2023 CrossFit® Licensed Event.

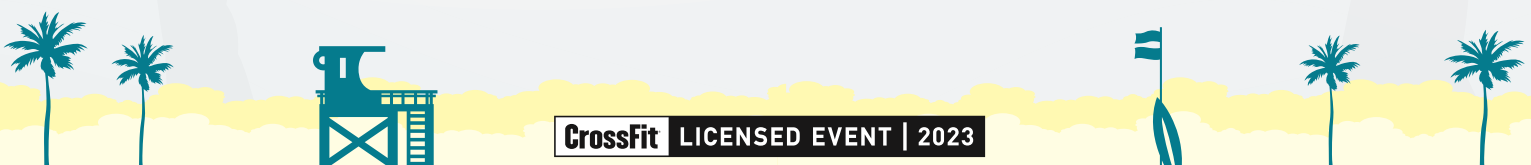
In this document, you can find our general competition rules, the workouts along with their flow and standards. Read, study and memorize them so you know what we expect from you.

**NOTE:** We use the movement standards of the International Functional Fitness Federation (iF3). If anything is not clear, we recommend reading and studying this unique 155-page book. You can download this book from this link:

[https://functionalfitness.sport/wp-content/uploads/2023/03/2023\\_iF3-Movement\\_Standards.pdf](https://functionalfitness.sport/wp-content/uploads/2023/03/2023_iF3-Movement_Standards.pdf)

## General Competition Rules

1. You and you alone are responsible for reading the workouts, flow and standards **BEFORE** the event;
2. The competition field is neither the place nor the time to overload the judge with all sorts of questions because you have not read this document;
3. The warm-up zone is a **SHARED** zone for athletes getting ready just before he or she goes on the field. Just before means that you may enter this zone 30 minutes prior to your heat. You have about 20 minutes to warm up and must be ready 10 minutes prior to starting at staging 1, 2 or 3. Have the **DISCIPLINE** to comply with this yourself, if not there will be access control
4. It is the team's own responsibility to be **ON TIME** at athletes' control and staging (check-in) where you will receive your pre-filled scorecard which you hand over to your assigned judge;
5. Athletes will **ALWAYS** start in the assigned lane, **BEHIND** the starting line;
6. Please show respect to our equipment. **DO NOT DROP/THROW** equipment intentionally (dumbbells, kettlebells, barbells, etc.). Dropping will **ALWAYS** result in a **NO-REP**;
7. Have **RESPECT** for our judges and crew in general. If you have issues, please address the head judge on the field and the competition manager off the field;
8. The judge calls a rep as they see it. You might not always agree but be aware that their call is final;
9. Videos can only be used as a memory to yourself or social media. No video footage will be taken in consideration to review your or someone else's score/judges decisions;
10. If you sign off your scorecard = you agree with the score that is written on it;
11. We have a **ZERO-TOLERANCE** policy about abusive behavior. Shouting, swearing, disrespect or aggression towards judges, crew members, management, athletes, vendors and spectators can result in immediate exclusion from the competition;
12. It is your responsibility to perform the workouts as prescribed. No scores will be adjusted as a result of your mistake;
13. Don't confuse the judge. He or she will count for you and guide you in the flow if needed. It is what they are there to do for you;
14. Exceptionally a malfunction of equipment can occur. Always continue in that what you are doing till the head judge or competition manager says otherwise;
15. The use of gymnastic grips (or style) are only allowed on the rig. Lifting belts and shoes, sleeves, wristbands and gloves are allowed. Lifting straps are **NEVER** allowed;
16. All workouts are performed in beach sand which you should know is always physically tougher and you are less stable here.



# SANDSKIING

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## WORKOUT 1

**FOR MAX CALORIES**  
**Time cap: 12 minutes**

ELITE	RX	ADVANCED
<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and duo object over wall  <b>Object Weights:</b> (30 kg ♂, 25 kg ♀)	<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and duo object over wall  <b>Object Weights:</b> (30 kg ♂, 25 kg ♀)	<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and duo object over wall  <b>Object Weights:</b> (25 kg ♂, 20 kg ♀)

REGULAR	SCALED	PARENT/KID
<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and single object over wall  <b>Object Weights:</b> (30 kg)	<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and single object over wall  <b>Object Weights:</b> (20 kg)	<b>Max calories of SkiErg</b> <u>Every 90 seconds</u> Me, my buddy and duo object over wall  <b>Object Weights:</b> (15 kg ♂, 10 kg ♀ slam ball for parents)  (4 kg slam ball for kids)

## FLOW

- After the 'GO' you will go to your assigned lane;
- **DO NOT TOUCH** handles before the starting signal;
- Touching the screen is **PROHIBITED**;
- You may set the damper to your own choice;
- After the starting signal, grab the handles and start skiing;
- You can switch between each other as often as you like;
- **EVERY 90 SECONDS**, you will hear a loud signal where you have to **STOP IMMEDIATELY**;
- You and your buddy will have to take the sandbag and/or slam ball and run the designated distance back (over the wall) and forth (over the wall);
- **NOTE:** Each athlete of the ELITE, RX, ADVANCED & PARENT/KID division will have to take its own sandbag and/or slam ball (that which will be provided on the field for the male or the female athlete);
- **NOTE:** The athletes of the REGULAR & SCALED division will have to take one (1) sandbag and carry it TOGETHER or ALTERNATE between each other during the run;
- How you want to hold the sandbag and/or slam ball is up to you;
- How you, your buddy and the object get over the wall is entirely up to you, only condition is that it is **SAFE**;
- After the run, both athletes need to drop the object in the designated box **BEFORE** you and your buddy can resume skiing until the next 90 seconds and so on until the time cap is reached;
- Your final score will be the calories registered **BY THE COMPUTER**;
- **NOTE:** The calories that the screen shows may differ from the final score on the competition platform. Only the calories recorded in the computer count. You can't appeal this score!

## STANDARDS

### SKIERG:

Athlete skis using a SkiErg machine.

#### REP START:

- Standing free;
- Both hands on handles.

#### REP END:

- Standing free;
- Both hands on handles.

#### REP REQUIREMENTS:

- Ski until the designated goal is met (time, distance or calories).

#### CYCLE & POST REP:

- DO NOT TOUCH handles before the starting signal;
- Touching the screen is PROHIBITED;
- You may set the damper to your own choice;
- Your result is automatically saved by the computer. This will also be your final score in the competition platform.

### ME, MY BUDDY AND OBJECT OVER WALL:

Athletes, with an object (sandbag and/or slam ball) run a distance while passing the object over a wall back and forth.

#### REP START:

- Standing free;
- You can take the sandbag and/or slam ball anyhow.

#### REP END:

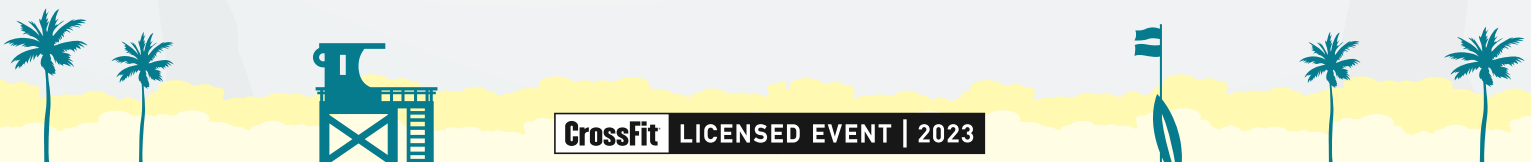
- Standing free;
- Sandbag and/or slam ball on ground over the finish line.

#### REP REQUIREMENTS:

- Both athletes must run a distance back and forth, with sandbag and/or slam ball;
- Athletes must cross over a wall (anyhow) with the sandbag and/or slam ball;
- Feet of athletes must cross the finish line before running back;
- Athletes must cross over a wall (anyhow) a second time with the sandbag and/or slam ball;
- Feet of athletes must cross the starting line;
- The sandbag must be dropped in the designated area.

#### CYCLE & POST REP:

- EVERY 90 seconds, you will hear a signal where you **MUST STOP** skiing and do **ALL** above.



# SANDSKIING

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# FLOORPLAN

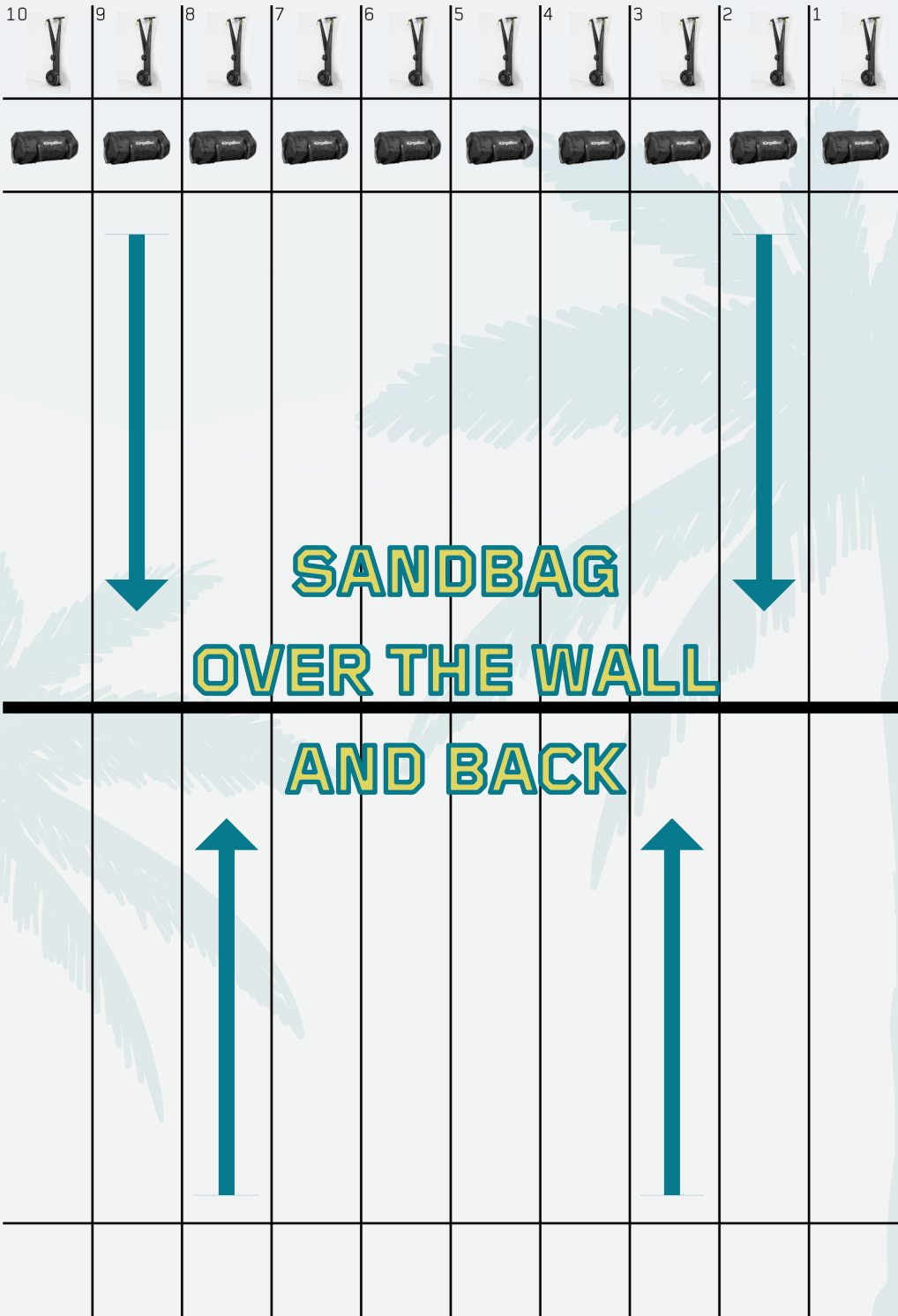
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**FOR TIME**  
**Time cap: 12 minutes**

ELITE	RX	ADVANCED
<p><b>PART A</b> 3 rounds of: 12 Sync T2B 8 double KB Hang C&amp;J (Athlete A) 6 Muscle Ups 8 double KB Hang C&amp;J (Athlete B)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner WBS 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (24 kg ♂, 16 kg ♀)</p> <p><b>WB Weights:</b> (12 kg ♂, 9 kg ♀)</p>	<p><b>PART A</b> 3 rounds of: 12 Sync T2B 8 double KB Hang C&amp;J (Athlete A) 6 C2B Pull-ups 8 double KB Hang C&amp;J (Athlete B)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner WBS 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (24 kg ♂, 16 kg ♀)</p> <p><b>WB Weights:</b> (9 kg ♂, 6 kg ♀)</p>	<p><b>PART A</b> 3 rounds of: 12 Sync T2B 8 double KB Hang C&amp;J (Athlete A) 6 Pull-ups 8 double KB Hang C&amp;J (Athlete B)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner WBS 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (16 kg ♂, 12 kg ♀)</p> <p><b>WB Weights:</b> (9 kg ♂, 6 kg ♀)</p>

REGULAR	SCALED	PARENT/KID
<p><b>PART A</b> 3 rounds of: 12 Sync Leg Raises 8 double KB Hang C&amp;J (Athlete A) 6 Pull-ups 8 double KB Hang C&amp;J (Athlete B)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner WBS 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (16 kg ♂, 12 kg ♀)</p> <p><b>WB Weights:</b> (9 kg ♂, 6 kg ♀)</p>	<p><b>PART A</b> 3 rounds of: 12 Sync Knee Raises 8 double KB Hang C&amp;J (Athlete A) 6 Ring Rows 8 double KB Hang C&amp;J (Athlete B)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner WBS 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (12 kg ♂, 8 kg ♀)</p> <p><b>WB Weights:</b> (6 kg ♂, 4 kg ♀)</p>	<p><b>PART A</b> 3 rounds of: 12 Sync Knee Raises 8 double KB Hang C&amp;J (PARENT) 6 Ring Rows 8 double DB Hang C&amp;J (KID)</p> <p><b>INTO</b></p> <p><b>PART B</b> 2 rounds of: 30 Partner Thrusters 2 lengths double KB OH Lunges (10 meters back &amp; 10 meters forth each athlete)</p> <p><b>KB Weights:</b> (12 kg ♂, 8 kg ♀) (5 kg ♂, 3 kg ♀ for kids) → dumbbell</p> <p><b>WB Weights:</b> (6 kg ♂, 4 kg ♀) (4 kg ♂, 2 kg ♀ for kids)</p>

## FLOW

- After the 'GO' you will go to your assigned lane;
- The workout consists of an A and a B part with athlete A and B where you have to do the movements together or separately;
- Who is athlete A or B is a free choice. The order of who does what in a section is also free choice. Only rule is that **EACH** athlete does the number of reps requested.

## PART A

- After the starting signal, both athletes proceed to the pull-up bar and complete 12 synchronized toes-to-bars, leg- or knee raises;
- Once the team completes the 12 repetitions, one athlete advances to the box with the kettlebells and performs 8 double kettlebell hang clean and jerks;
- Then, the athlete returns to the pull-up bar, and one athlete perform 6 BMU, C2B, PU or RR. These can be divided as needed;
- After the 6 bar reps, the second athlete goes to the kettlebells and performs their round of 8 double kettlebell hang clean and jerks;
- This sequence is repeated until they have completed three rounds.

## PART B

- **NOTE:** you are responsible for taking the kettlebells to the assigned starting place of the B section;
- After the three rounds, the athletes move to the wall ball target and perform 30 partner wall balls.
- The working athlete must switch with their partner after each repetition.
- The switch can occur in a fluid manner or after each individual repetition once the ball has landed on the ground;
- After the 30 partner wall balls, both athletes lunge 20 meters each (10 meters back & 10 meters forth) with two kettlebells in the overhead position;
- The athletes must start one after the other. Once athlete A completes their 20 meters and crosses the line, athlete B can start;
- This is repeated for a total of two rounds;
- The final score is the clocked-off time (within the time cap) by the judge when both athletes have crossed the finish line or CAP+ reps (1 length lunge = 1 rep).

## STANDARDS

### TOES TO BAR:

Athletes hanging from a horizontal bar move their toes to contact the bar.

#### REP START:

- vertical hang from horizontal bar;
- Hips fully extended;
- Heels break the vertical plane directly under the bar.

#### REP END:

- Toes on both feet touch the bar simultaneously;
- The contact point is within the width of the hands.

#### REP REQUIREMENTS:

- None.

#### CYCLE & POST REP:

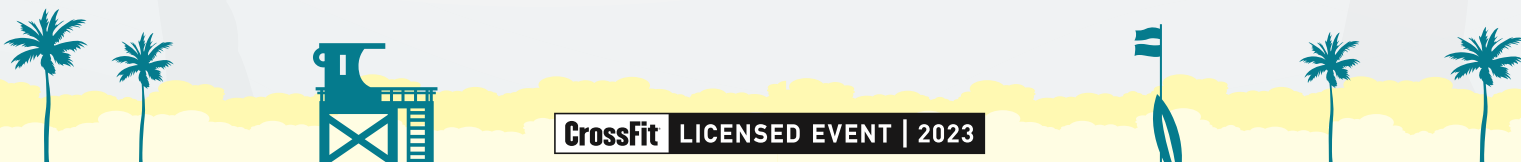
- The athlete may return to REP START in a controlled manner.

#### ALLOWED VARIATIONS:

- Strict;
- Kipping;
- Any part of the top of the foot touching the bar is acceptable.

#### TEAM SYNCHRO:

- = REP END



### LEG RAISES:

Athletes hanging from a horizontal bar move their legs above the horizontal plane of the hip.

REP START:

- vertical hang from horizontal bar;
- Hips fully extended;
- Heels break the vertical plane directly under the bar.

REP END:

- Hips bent, forming an L-shape with straight legs;
- Both legs must pass the horizontal plane of the hip.

REP REQUIREMENTS:

- None.

CYCLE & POST REP:

- The athlete may return to REP START in a controlled manner.

ALLOWED VARIATIONS:

- Strict;
- Kipping.

TEAM SYNCHRO:

= REP END

### KNEE RAISES:

Athletes hanging from a horizontal bar move their knees above the horizontal plane of the hip.

REP START:

- vertical hang from horizontal bar;
- Hips fully extended;
- Heels break the vertical plane directly under the bar.

REP END:

- Both knees must pass the horizontal plane of the hip.

REP REQUIREMENTS:

- None.

CYCLE & POST REP:

- The athlete may return to REP START in a controlled manner.

ALLOWED VARIATIONS:

- Strict;
- Kipping.

TEAM SYNCHRO:

- = REP END

### KB HANG CLEAN & JERK:

Athletes move objects in two motions from ground to overhead.

REP START:

- Object on ground;
- Hands on object.

REP END:

- Overhead lock-out (arms/hips/legs are extended).

REP REQUIREMENTS:

- Adhere to the hang rule (a deadlift lockout must be achieved before the rep can be initiated);
- The object is moved in one fluid motion from ground to shoulders and in a second motion from shoulders to overhead;
- Object must make contact with the shoulders;
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the object overhead.

CYCLE & POST REP:

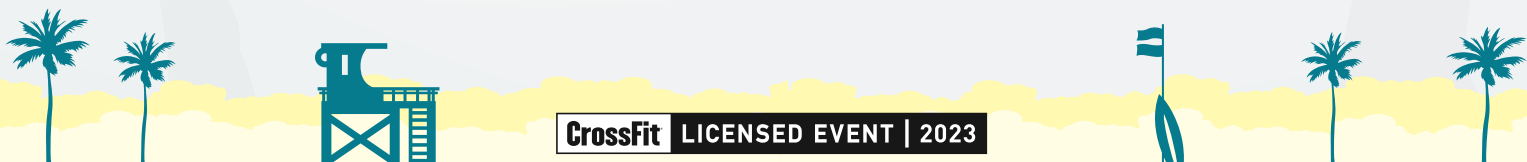
- The athlete may return to REP START in a controlled manner as long as it adheres to the hang rule.

ALLOWED VARIATIONS:

- Power, squat and split;
- Kids will use 2 dumbbells.

NOT ALLOWED:

- Bouncing or catching the object in the rebound;
- Snatching.



### MUSCLE-UP:

Athlete hanging from a horizontal bar pulls himself up over the bar, and continues to press out, finishing in a support position above the bar.

#### REP START

- Vertical hang from a horizontal bar.

#### REP END

- Vertical support.

#### REP REQUIREMENTS

- No portion of the body below the thighs can move over the top-most horizontal plane of the bar;
- Must pass through a portion of the dip.

#### CYCLE & POST REP

- The athlete may not rest on top of the horizontal bar in any other way than vertical support. If so, the athlete needs to jump down to the floor before achieving a new REP START.
- There is no minimum requirement per athlete.

#### ALLOWED VARIATIONS

- Strict
- Kipping

### CHEST TO BAR PULL-UP:

Athlete hanging from a horizontal bar pulls himself up until the chest comes in contact with the bar.

#### REP START

- Vertical hang from horizontal bar.

#### REP END

- Chest in contact with the horizontal bar.

#### REP REQUIREMENTS

- Only hands and chest or above can touch anything during the movement.

#### CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.
- There is no minimum requirement per athlete.

#### ALLOWED VARIATIONS

- Strict.
- Kipping.
- Butterfly.

### PULL-UP:

Athlete hanging from a horizontal bar pulls himself up until chin is above the bar.

#### REP START

- Vertical hang from horizontal bar.

#### REP END

- The bottom plane of the chin breaks the top-most horizontal plane of the bar.

#### REP REQUIREMENTS

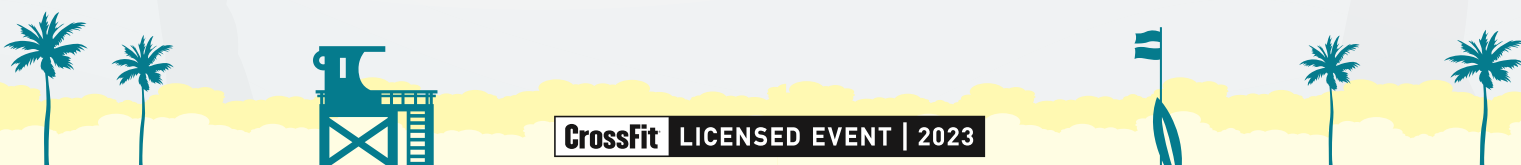
- Only hands and chest or above can touch anything during the movement.

#### CYCLE & POST REP

- The athlete may return to rep start in any controlled manner.
- There is no minimum requirement per athlete.

#### ALLOWED VARIATIONS

- Strict.
- Kipping.
- Butterfly.



### **RING ROW:**

Athletes hanging on rings under a horizontal bar with heels on the ground, moves the chest upwards touching the rings.

#### **REP START:**

- Heels directly under the horizontal bar;
- Holding the rings (1 in each hand) and leaning backwards with fully extended arms and body.

#### **REP END:**

- Athletes pull themselves up until the chest touches the rings.

#### **REP REQUIREMENTS:**

- For the correct length of the rings, the lowest part of the ring has to be adjusted to hip height when the athlete is standing tall;
- Maintaining an upright posture and heels should remain on the ground, directly under the horizontal bar throughout the entire movement.
- Maintaining an upright posture throughout the movement.
- There is no minimum requirement per athlete.

#### **CYCLE & POST REP:**

- The athlete may return to REP START in a controlled manner.

### **WALL BALL SHOT/THRUSTER:**

Athlete stands up like a front squat and in one movement continues by throwing the ball towards a target.

#### **REP START:**

- Bottom-of-squat position with a medicine ball in the frontal plane supported by the hands.

#### **REP END:**

- Medicine ball hits the wall/target above, and only above the designated height.

#### **REP REQUIREMENTS:**

- Athlete, while ascending, throws the ball.

#### **CYCLE & POST REP:**

- The ball must be caught on its way down from the previous throw OR.
- The ball must be retrieved from the ground.
- Mixed teams will use the FEMALE weight.
- You must alternate each rep.

#### **STANDARD MEASUREMENTS:**

- The standard height for the target is 300cm for men and 275cm for women.

#### **THRUSTER VERSION STANDARD:**

- All basics standards above also apply to the thruster version;
- While ascending, the ball is brought into the overhead lockout position (arms/hips/legs are extended).

### **WALKING OVERHEAD LUNGE:**

Athlete walks with trailing knee touching the ground with object overhead.

#### **REP START:**

- Standing free;
- Both feet behind the starting line;
- Objects locked-out overhead.

#### **REP END:**

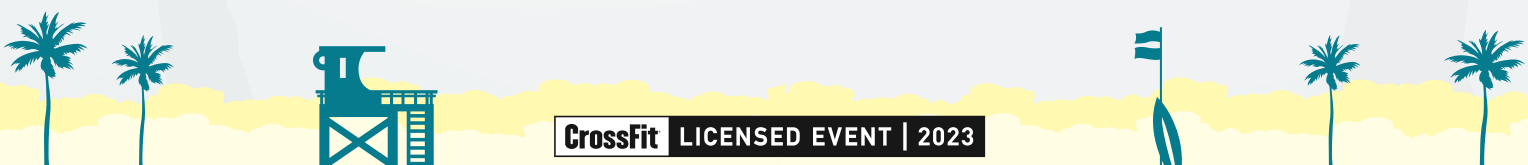
- Standing free;
- Both feet behind the end line;
- Objects locked-out overhead.

#### **REP REQUIREMENTS:**

- Walk is performed with the trailing knee touching the ground per step;
- Each step must end by passing through the position in REP START;
- The objects must be kept locked-out overhead during the entire movement.
- If you drop the object, this will also be the point from which you have to start back.
- Kids may use 1 dumbbell which they then hold between both hands in the overhead position.

#### **CYCLE & POST REP:**

- The athlete may return to REP START in a controlled manner.



# KETTLE KONG

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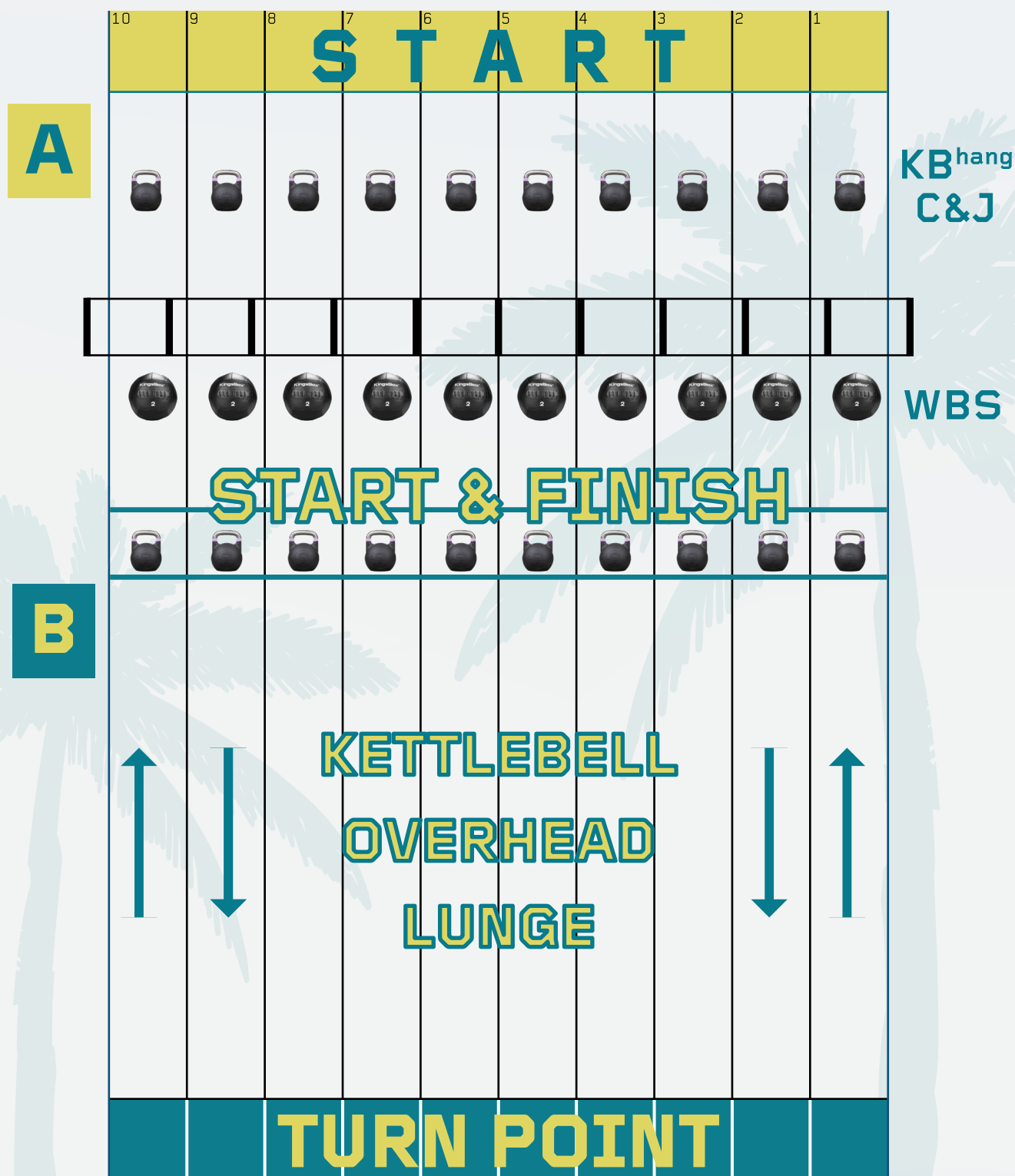
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## FLOORPLAN



# STORK'S LEG

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## WORKOUT 3

**FOR TIME**  
**Time cap: 10 minutes**

ELITE	RX	ADVANCED
10 Partner Squats 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Partner squats  <b>Weights DB:</b> (22,5 kg ♂, 17,5 kg ♀)  <b>Weights Axel bar:</b> (98 kg ♂, 68 kg ♀)	10 Partner Squats 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Partner squats  <b>Weights DB:</b> (22,5 kg ♂, 17,5 kg ♀)  <b>Weights Axel bar:</b> (88 kg ♂, 58 kg ♀)	10 Partner Squats 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Partner squats  <b>Weights DB:</b> (20 kg ♂, 15 kg ♀)  <b>Weights Axel bar:</b> (78 kg ♂, 48 kg ♀)

REGULAR	SCALED	PARENT/KID
10 Sandbag Squats (to share) 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Sandbag Squats (to share)  <b>Weight Sandbag:</b> (25 kg)  <b>Weights DB:</b> (17,5 kg ♂, 12,5 kg ♀)  <b>Weights Axel bar:</b> (68 kg ♂, 38 kg ♀)	10 Sandbag Squats (to share) 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Sandbag Squats (to share)  <b>Weight Sandbag:</b> (25 kg)  <b>Weights DB:</b> (15 kg ♂, 10 kg ♀)  <b>Weights Axel bar:</b> (58 kg ♂, 28 kg ♀)	10 Partner Squats 20 Single DB Snatch (synchronized) 30 Burpee over partner (to share) 40 Axel bar DL (synchronized) 30 Burpee over partner (to share) 20 Single DB Snatch (synchronized) 10 Partner squats  <b>Weights DB:</b> (15 kg ♂, 10 kg ♀) (5 kg ♂, 3 kg ♀ for kids)  <b>Weights Axel bar:</b> (58 kg ♂, 28 kg ♀) (Empty AXB (8 kg) for kids)

## FLOW

- After the 'GO' you will go to your assigned lane;
- This workout is an up and down chipper;
- The field is divided into 4 sections (A, B, C & D);
- After the starting signal, both athletes proceed to section A and perform 10 partner or sandbag squats;
- When finished, you will advance to section B and perform 20 synchronized DB Snatches;
- When finished, you will advance to section C and perform 30 burpees over partner (no minimum requirement, to be divided among each other);
- When finished, you will advance to section D and perform 40 synchronized DL;
- After the 40 synchronized deadlifts, you will go back in reverse order (→ C, → B, → A);
- The final score is the clocked-off time (within the time cap) by the judge when both athletes crossed the finish line, or CAP+ reps.

## STANDARDS

### PARTNER/SANDBAG SQUAT:

Athlete, with partner or sandbag as external weight, squats down below parallel and returns to standing.

#### REP START:

- Standing tall;
- Partner or sandbag must be kept off the ground in any way desired.

#### REP END:

- Standing tall;
- Partner or sandbag must be kept off the ground in any way desired.

#### REP REQUIREMENTS:

- Achieve bottom of squat;
- Partner or sandbag must be kept off the ground, onto the body of the entire rep.
- There is no minimum requirement per athlete.

#### CYCLE & POST REP:

- REP END = REP START

#### ALLOWED VARIATIONS HOLDING PARTNER OR SANDBAG

- Partner in front of body, legs around body;
- Partner on back, legs around body;
- Partner on shoulder (firefighter's grip);
- Sandbag in bearhug;
- Sandbag in back rack...

### DUMBBELL SNATCH:

Athlete moves the dumbbell in one fluid motion from ground to overhead.

#### REP START:

- Dumbbell-on-ground;
- Hand(s) dumbbell.

#### REP END:

- Overhead lock-out.

#### REP REQUIREMENTS:

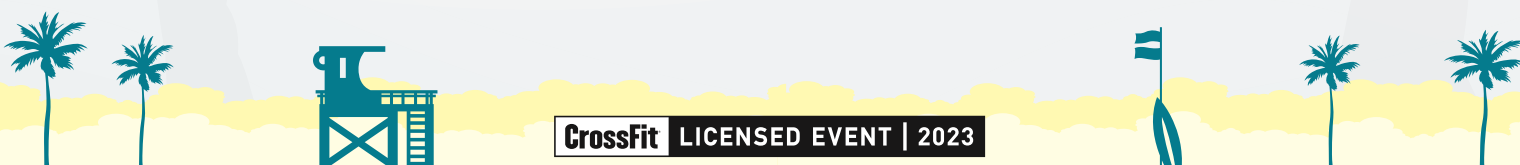
- Dumbbell is moved in one fluid motion from ground to overhead lock-out;
- Athletes must adhere to the alternating rule between the active hands.
- Both dumbbell heads must touch the ground.

#### CYCLE & POST REP:

- The athlete may return to REP START in a controlled manner.

#### TEAM SYNCHRO:

- = REP END



**BURPEE JUMP OVER PARTNER:**

Athlete from lying on the ground, gets up and jumps over partner.

REP START:

- Prone position.

REP END:

- Standing free on the other side of the object.

REP REQUIREMENTS:

- Athlete passes over the partner with entire body;
- Making contact with partner on ground while passing over = NO-REP;
- Jumping over the partner with the two feet at the same time is not mandatory;
- Regular MAY step over the partner;
- Scaled and parent/kid MUST step over the partner;
- Partner on ground in a prone position.
- There is no minimum requirement per athlete.

CYCLE & POST REP:

- The athlete may return to REP START in a controlled manner.

**DEADLIFT:**

Athlete moves object from ground to hips.

REP START:

- Object-on-ground;
- Hands on object.

REP END:

- Deadlift lockout.

REP REQUIREMENTS:

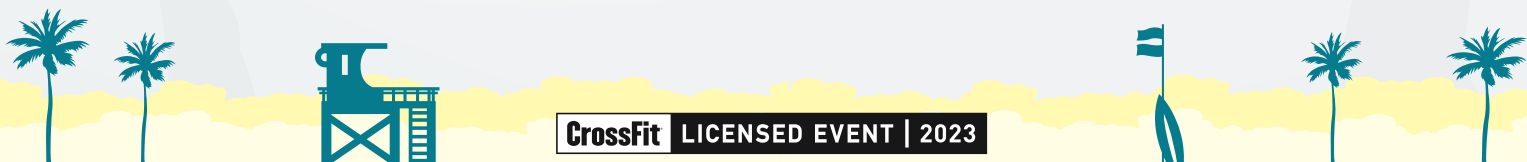
- Hands and arms are kept outside the legs.

CYCLE & POST REP:

- None at this time.

TEAM SYNCHRO:

- = REP END



# STORK'S LEG

POWERED BY

concept 2

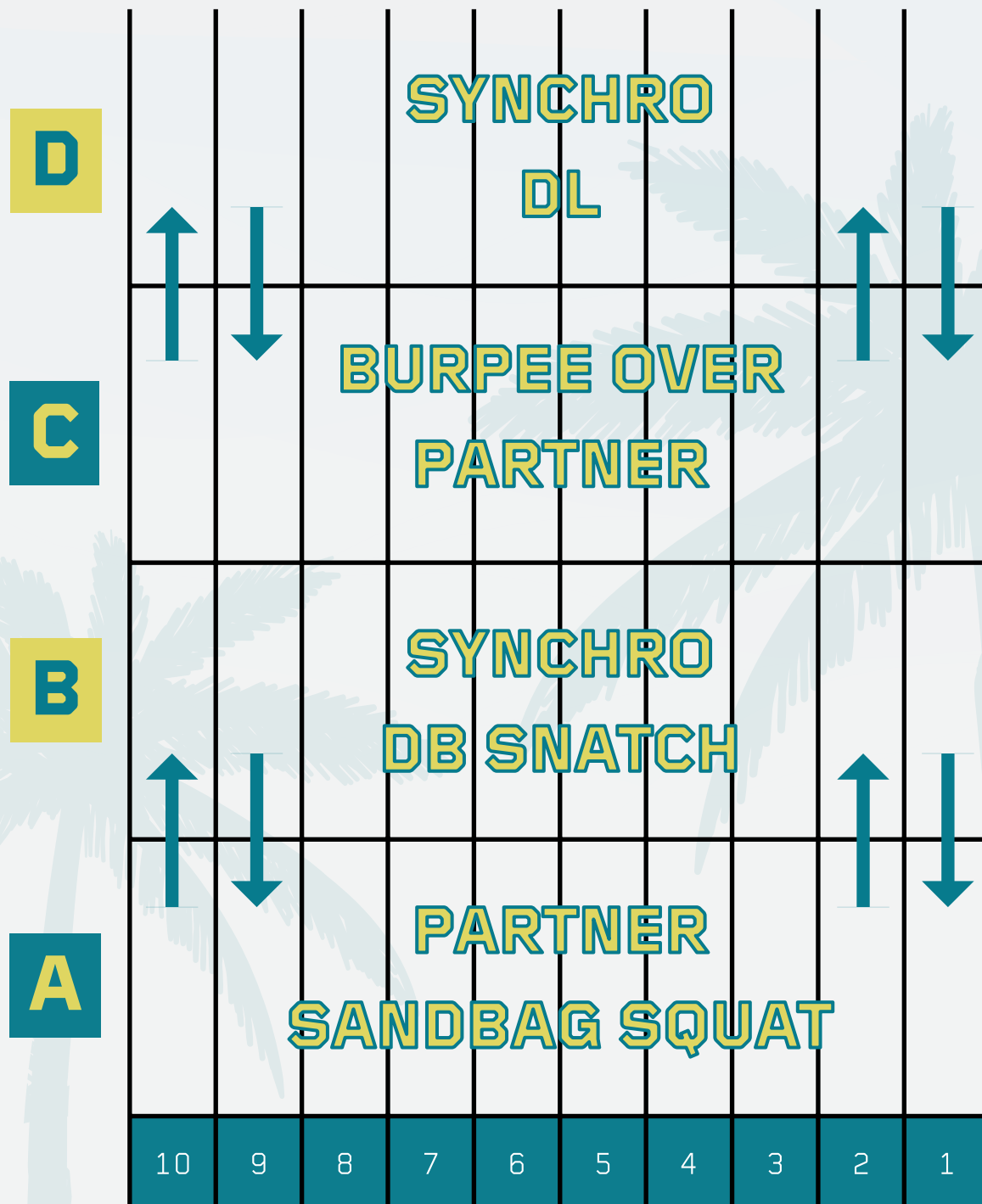
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## FLOORPLAN



## START & FINISH