



Individuals Event 5 - Teen/Masters Event 2

For fastest time (13 min time cap for Ind. 12 min time cap for T/M)

At the count of 3-2-1 Go the athlete will move forward to their jump rope and begin their double unders. After the completion of the double unders, the athlete will move forward to the burpee box jump overs. After that, the athlete will move the box to the next station, take the 2 dumbbells and begin the burpee box step overs with the 2 dumbbells, one in each hand. The next movement will be the double dumbbell squats facing the middle of the field for the first 15 reps. The second 15 reps the athlete will turn around and face the start line. Once the squats have been completed, the athlete will return to the beginning in the reverse order until they finish the double unders again, and cross the start/finish line. Their time will stop.

Standards:

Double Unders

The rope must pass completely under the feet twice for each jump. The rope must spin forwards for the repetition to count.

Burpee Box Jump Overs

The athlete must bring their chest and thighs to the floor to begin the burpee. The athlete's whole body must remain inside their own lane at all time. The athlete must have a 2 foot take off and both feet must land on top of the box, then they may jump or step to the opposite side of the box. The athlete does not need to stand tall on the box. The repetition ends when both feet are on the other side of the box.

Burpee Box Step Overs

The athlete must bring their chest and thighs to the floor to begin the burpee. The athlete's whole body must remain inside their own lane at all time. The athlete will step onto the box with the dumbbells in their hands. The dumbbells may not rest on the legs or any other part of the body or box. Both feet must touch the top of the box. The repetition ends when both feet are on the other side of the box. If the athlete needs to rest during their box step overs, the dumbbells must rest on the floor.

Dumbbell Squats

The athlete may hold the dumbbells in anyway they so choose on the shoulders and with a grip on the handle. The First rep may be squat cleaned The repetition starts and ends with the hips and knees locked out and the dumbbells are being held by the athlete. The hip crease must clearly pass below the knee in the bottom position. The dumbbells may not be dropped from above the athlete's knee, and the athlete is responsible for making sure the dumbbells stay within their own lane at all time.