



For fastest time - 12 minute time cape

At the count of 3, 2, 1, Go, the 2 male athletes will step forward with their jump ropes. One working at a time until both complete 75 Double Unders. Once completed, the 2 men will then begin the Synchronized Burpee Box Jump Overs. Both need to be on the floor with their chest and thighs on the floor at the same time for the repetition to be considered Synchronized. After the men complete their 25 Burpee Box Jump Overs, they will need to lower the box to the height for the women, and then the women will begin their 75 Double Unders, working one at a time. Once the women have also finished the Burpee Box Jump, together, all 4 athletes will complete 36 Synchronized Double Dumbbell Squats. To be Synchronized, all 4 athletes must be below parallel at the same time, and locked out at the top to complete the repetition. Once all the squats are completed, the athletes must lower them to the floor, and then run to the finish line. When the last athlete crosses the line, the judge will stop the timer and mark the official time.

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.

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.