



For fastest time - 8 minute time cape

At the count of 3, 2, 1, Go, one Male and one Female (Male 1 and Female 1) athlete will come to the Deadlift bar and together perform 17 partner deadlifts. Once they finish all 17 repetitions, Male 2 and Female 2 will perform 17 partner Deadlifts. Then, all 4 athletes will advance to the pull up bar. One at a time, they will need to complete a total 28 Bar Muscle Ups. At least 3 of the athletes must perform at least 1 BMU. Finally, all 4 athletes will need to complete a 20m handstand walk to the finish line. Only one may work at a time, and once all of the athletes have completed the handstand walk, all 4 athletes must run to the finish line. There the judge will stop the timer and mark the official score.

Standards:

## Deadlift

The 2 athletes will start at the barbell, they may use whichever grip they would like, but they may not use grippers that wrap around the barbell. The athletes will bring the bar to full extension of the knees and hips, and the shoulders will finish behind the barbell. Touch and go reps are allowed, but the athlete may not bounce the barbell off the floor.

## Handstand Walk

The athlete must kick up to a handstand **with both hands behind the line** denoting the start of the segment being attempted. Stepping across the line, or landing with the hands across the line while kicking up into the handstand constitutes a no rep. If at any time the athlete comes down from the handstand, they must restart from the last increment crossed. **Both hands must cross the line marking the 5/2.5m segment** for it to count. Each **5m** segment will count as 1 rep.

## Bar Muscle Up

The Athlete must start from the hang position, arms locked, below the pull up bar. For the completion of the movement, the athlete will have the arms locked out over the pull up bar with shoulders above or over the bar. **A pull over/roll to support is not allowed.** The athlete must move through the **dip portion** above the bar. Gymnastics straight arm kip is not allowed. The athlete **may not rest and move his/her hands** on the pull up bar; neither on the way up, or the way down from the muscle up.