

# GRAND SLAM

## 2020

### Sample Workouts

#### Sample Workout 1

In 9 minutes complete as many reps as possible of:

3-3-6-6-9-9-12-12-15-15...

Synchronized, Alternating Dumbbell Snatches  
Synchronized, Lateral Burpee Box Jump-overs

Time Cap: 9 minutes

Advanced

Male: 22.5-kg/24-in | Female: 15-kg/20-in

Intermediate

Male: 15-kg/20-in | Female: 10-kg/18-in

#### Movement Standards

**Synchronized, Alternating Dumbbell Snatches:** The dumbbell snatch starts with each athlete's dumbbells on the ground between their legs and finishes with each dumbbell directly overhead.

Each athlete's dumbbell must be lifted overhead in one motion simultaneously. The dumbbell(s) may NOT come into contact with the athlete's shoulders during the lifting phase (concentric) of the movement. The dumbbell(s) may be lowered to the shoulders on the lowering phase (eccentric) between repetitions. Touch-and-go is permitted. Bouncing the dumbbells is not allowed.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athletes may choose to do a muscle snatch, power snatch or squat snatch. Both feet must be in line with the athlete's body while the dumbbells are locked out overhead for the repetition to count.

Both athletes must reach the ground with their respective dumbbells and the overhead 'locked out' position at the same time for the rep to count.

Synchronized, Lateral Burpee Box Jump-overs: Athletes must use the lateral variation of the burpee box jump over, no other variation is allowed. Both Athletes must touch their chest and thighs to the ground at the bottom of the burpee at the same time for the rep to count.

Athletes must jump with both feet at the same time onto/over the box. Athletes are not required to stand to full extension before jumping over the box. The rep is counted when the athlete lands with both feet together on the opposite side of the box.

#### **Notes**

The workout begins with all equipment on the ground and the athletes standing tall. After the WeTime App counts down to 0, the athletes will start the workout.

There is no tiebreak for this workout.

For each workout, be sure the athletes have adequate space to safely complete all the movements. Ensure that the area where the workout will be performed is clear of any additional equipment, people or other hazards.

Any athletes who in any way alter the equipment or movements described in this document will incur time penalties and may be disqualified from the competition.

#### Video Submission Standards

All video submissions should be uncut and unedited in order to accurately display the performance.

Using the WeTime App (or similar), immediately prior to starting the workout, athletes must clearly show the weight of all equipment that requires external load and measure the height of any external objects an athlete must jump or throw to.

All monitors of the equipment that require units of measure should also be clearly visible throughout the entire workout. Athletes must ensure that they shoot the video from an angle so all movements can be clearly seen meeting the movement standards.

#### Athlete Resources

For more tips, tricks and techniques about recording your workouts and/or to find out more about the Judging/Penalty processes please visit the 'Athlete Resources' at the Grand Slam section of our website.

[thebaygames.com.au/pt/grandslam-resources](http://thebaygames.com.au/pt/grandslam-resources)

## Scorecard

### Sample Workout 1

In 9 minutes complete as many reps as possible of:

3-3-6-6-9-9-12-12-15-15...

Synchronized, Alternating Dumbbell Snatches  
Synchronized, Lateral Burpee Box Jump-overs

Time Cap: 9 minutes

**Note:** This scorecard is being provided to help you keep a note of your results during the workout. It is **NOT** an official record of your results and a copy will not be requested by The Bay Games. On that basis you do not HAVE to use it but, in our experience, if you have someone helping to keep score for you, they will appreciate it.

ROUND	DUMBBELL SNATCHES	BURPEE BOX JUMP-OVERS
1	3	6
2	12	18
3	27	36
4	48	60
5	75	90
6	108	126
7	147	167
8	192	216
9	243	270
10	300	330
11	363	396
12	432	468
13	507	546
14	588	630
15	675	720
16	768	816
17	867	918
18	972	1026
19	1083	1140
20	1200	1260



# GRAND SLAM

## 2020

### Sample Workouts

#### Sample Workout 2

For total time, complete:

4 Rounds of: 160 Double-Unders\*  
40 Synchronized Wall-Ball Shots  
20 Tandem Deadlifts

Advanced

Male: 9-kg/140-kg | Female: 6-kg/95-kg

Intermediate

Male: 6-kg/100-kg | Female: 4-kg/70-kg

\*Change 160 Double-Unders to 240 Alternating, High Knee Single-Unders

FF teams use 9-ft target

Advanced MF teams use 10-ft. target and 120-kg

Intermediate MF teams use 9-ft target and 85-kg

Minimum work requirement for all divisions for the jump rope movement is 60 reps for each athlete

#### Movement Standards

**Double-Unders:** A Double-Under requires the jump rope to pass **under** the feet twice for each jump. The rope must spin forward for each rep to count. Only successful jumps are counted, not attempts. This workout begins with the Athlete holding their jump rope.

**Single-Unders:** A Single-Under requires the jump rope to pass **under** the feet once for each jump. The athletes must alternate legs each rep. Only one foot may be in contact with the floor at a time. This workout begins with the Athlete holding their jump rope.

**Synchronized Wall-Ball Shots:** In the wall-ball shot, the medicine ball must be taken from the bottom of the squat, hip crease below the knee, and thrown at the specified target. The centre of the ball must hit the target at or above the specific target height. If the ball hits low or does not hit the target, it is a 'no rep'. The synch standard for the wall-ball shots is that the hip crease must be below parallel at the same time and the wall-ball must touch the target at the same time.

**Tandem Deadlifts:** This is a traditional deadlift with the hands outside knees and both athletes 'on the bar' at the same time, lifting together. Sumo deadlifts are not permitted.

Starting with the pre-loaded barbell on the floor, the athletes lift the bar to full extension. The rep is credited when the hips and knees are fully extended with the shoulders behind the bar. Once each rep is complete the athletes may drop the bar from the top if they choose. Both athletes' arms must remain straight throughout each repetition. Touch-and-go is permitted. Bouncing the barbell is not allowed.

#### **Notes**

The workout begins with all equipment on the ground and the athletes standing tall. After the WeTime App counts down to 0, the athletes will start the workout.

There is no tiebreak for this workout.

For each workout, be sure the athletes have adequate space to safely complete all the movements. Ensure that the area where the workout will be performed is clear of any additional equipment, people or other hazards.

Any athletes who in any way alter the equipment or movements described in this document will incur time penalties and may be disqualified from the competition.

#### Video Submission Standards

All video submissions should be uncut and unedited in order to accurately display the performance.

Using the WeTime App (or similar), immediately prior to starting the workout, athletes must clearly show the weight of all equipment that requires external load and measure the height of any external objects an athlete must jump or throw to.

All monitors of the equipment that require units of measure should also be clearly visible throughout the entire workout. Athletes must ensure that they shoot the video from an angle so all movements can be clearly seen meeting the movement standards.

#### Athlete Resources

For more tips, tricks and techniques about recording your workouts and/or to find out more about the Judging/Penalty processes please visit the 'Athlete Resources' at the Grand Slam section of our website.

[thebaygames.com.au/pt/grandslam-resources](http://thebaygames.com.au/pt/grandslam-resources)

## Scorecard

### Sample Workout 2

For total time, complete:

4 Rounds of: 160 Double-Unders\*  
40 Synchronized Wall-Ball Shots  
20 Tandem Deadlifts

Advanced

Male: 9-kg/140-kg | Female: 6-kg/95-kg

Intermediate

Male: 6-kg/100-kg | Female: 4-kg/70-kg

\*Change 160 Double-Unders to 240 Alternating, High Knee  
Single-Unders

FF teams use 9-ft target

Advanced MF teams use 10-ft. target and 120-kg

Intermediate MF teams use 9-ft target and 85-kg

Minimum work requirement for all divisions for the jump rope movement is 60 reps for each athlete

**Note:** This scorecard is being provided to help you keep a note of your results during the workout. It is **NOT** an official record of your results and a copy will not be requested by The Bay Games. On that basis you do not HAVE to use it but, in our experience, if you have someone helping to keep score for you, they will appreciate it.

ROUND	DOUBLE-UNDERS	SYNC WALL-BALL SHOTS	TANDEM DEADLIFTS
1	160	200	220
2	380	420	440
3	600	640	660
4	820	860	880