

# GRAND SLAM

## 2020

### Sample Workouts

#### C-19 Edition: Sample Workout 1

In 11 minutes, with athletes alternating each round, complete as many repetitions as possible of:

49 Double-Unders\*  
21 Goblet Squats\*\*  
7 Lateral Burpee Over Backpack

M: 24-kg / 16-kg | F: 16-kg / 12-kg

\*Change Double-Unders to Alternating High Knee Single-Unders. If you don't have a jump rope (yet) then you can do the same rep count of strict high knees.

\*\*Backpack (show weight on set of bathroom scales where possible) loaded to, Advanced: 24-kg / 16-kg | Intermediate: 16-kg / 12-kg

#### 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.

**Alternating High Knee Single-Unders:** An alternating High Knee 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.

**Goblet Squats:** Athletes must have the weighted backpack held upside down, in both hands, centered on the body. The squat movement starts with your knees and hips fully extended. Athletes must squat deep enough for their hip crease to be below the level of the top of the patella. They must return to the start position to finish the rep.

**Lateral Burpee Over Backpack:** Athletes must use the lateral variation of the backpack 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 backpack. Athletes are not required to stand to full extension before jumping over the backpack. The rep is counted when the athlete lands with both feet together on the opposite side of the object.

#### **Notes**

The workout begins with 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 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)



# GRAND SLAM

## 2020

### Sample Workouts

#### C-19 Edition: Sample Workout 2

For total time, complete:

40-30-20-10

Movement 1: Alternating Partner Hand Release Push-ups  
Movement 2: Synchronized Alternating Crossbody V-ups

So both athletes complete 40 of Movement 1, then 40 of Movement 2, then 30 of Movement 1, then 30 of Movement 2 etc...

#### Movement Standards

**Alternating Partner Hand Release Push-ups:** Both athletes must start in the front leaning rest position, while Partner A performs the first rep, Partner B will remain holding in the front leaning rest position. Once Partner A completes the 1st rep, they will switch roles. Partner A will hold as Partner B completes the 2nd rep. The partners will continue to alternate in this fashion until the collective rep count is complete.

**Synchronized Alternating Crossbody V-ups:** Both athletes must start in the hollow body position, then raise their arms and legs up at the same time until touching their pointed toes without rocking. They both then return to the hollow body position for the rep to count.

#### **Notes**

The workout begins with 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.

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