



GRAND SLAM 2020

Event 1.20 [C-19 - Edition]

Each partner must choose a different event to complete. These are scored separately. Partners must complete each workout on camera at the same time.

Event 1a:

In 10 minutes, complete as many reps as possible of:

- 10 Overhead Kneeling Backpack Step-ups
- 12 Tall Plank Alternating Toe Touches
- 14 Drop Squats
- 16 Backpack Russian Twists*

Advanced Male: 20-kg / 45-lbs | Female: 15-kg / 35-lbs
Intermediate Male: 15-kg / 35-lbs | Female: 10-kg / 22-lbs

Event 1b:

2 Rounds for time, complete:

- 20 Overhead Kneeling Backpack Step-ups
- 24 Tall Plank Alternating Toe Touches
- 28 Drop Squats
- 32 Backpack Russian Twists*

Time Cap for Event 1b: 30 minutes.

Advanced Male: 20-kg / 45-lbs | Female: 15-kg / 35-lbs
Intermediate Male: 15-kg / 35-lbs | Female: 10-kg / 22-lbs

*Advanced - both feet off ground | Intermediate - you can choose either, feet (heels and toes) fully flat on the ground OR the soles of your feet together (butterfly sit up position).

The backpack weight must be shown on a set of scales prior to starting the workout - bathroom scales are fine.

Movement Standards

Overhead Kneeling Step-ups: The athlete starts in the standing position with the backpack held directly overhead (arms do not need to be fully extended). They will then kneel down so that both knees are on the ground and return to the standing position. This shall count as one rep.

The athlete then returns to both knees on the ground, retaining the backpack overhead before commencing the next rep.

Tall Plank Alternating Toe Touches: Athletes must start in the plank position with arms fully extended i.e. NOT on the elbows. Athletes must touch opposing toes with a hand e.g. left hand//right toes and return to the tall plank position. This shall count as one rep.

The athlete will then alternate i.e. right hand//left toes and return to the tall plank position. This shall count as another rep. They will continue this process, alternating each time, until they achieve the required number of reps.

Drop Squats: Athletes start standing tall with their feet together, toes and heels touching in between the set tape lines (see below*). They will then jump both feet out, with both feet clearly moving outside the set tape lines, as they lower into a squat. At the same time, they will bring their left hand in front of them, making contact with the ground in between their legs. Their right arm should be relaxed, behind their back. They will then jump both feet back, with both feet making contact with each other, returning to the starting position. This counts as one rep. They will then repeat, using their alternate hand to touch the ground.

Russian Twists: Athletes start by sitting on the floor, with their knees bent and both feet flat on the floor. They should be holding their backpack at the top and bottom, in the horizontal orientation on their laps and lift both feet just off the ground.

The movement involves rotating their arms and backpack to the ground on one side before repeating to the other side in the opposite direction. Each completed ground tap with the backpack counts as one rep.

***Note 1:** Set tape lines for Drop Squat foot distances. With two pieces of tape mark a distance of 26 inches to the outside edges of the tape i.e. the distance between the two pieces of tape. The athlete's starting position is the centre between these two tape marks.

Instructions:

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

For pairs who are completing the workout from different locations due to social distancing, we recommend using Zoom on a desktop or laptop. The easiest way is to use WeTime on a smartphone and simply have it pointing at the desktop/laptop screen. That way, the timer and both athletes will be in full view the whole time.

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 their backpacks on a set of scales (e.g. bathroom scales are fine) and measure any boundaries defined by tape markers as required.

Athletes must ensure that they shoot the video from an angle so all movements can be clearly seen meeting the movement standards.

Scoring

The total accumulated reps for the two combined parts to Event 1.20 is the score you will upload to Competition Corner.

To derive the number of reps for Event (1b:) you deduct your finishing time from the Time Cap e.g. if the athlete performing 1b: completed it in 12:32 minutes, the score would be calculated as follows:

Time Cap of 30:00 mins - your time 12:32 mins = 17.28 mins

To convert 17.28 mins into seconds we x (17 mins x 60 secs) = 1,020 seconds + the 28 seconds = 1048. Each second counts as 1 rep.

Therefore, add this number to the number of reps for Event 1a: and you have your total score that you should upload to Competition Corner.

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.

Link to site [HERE](#)

10 Overhead Kneeling Backpack Step-ups

--	--	--	--	--	--	--	--	--	--

12 Tall Plank Alternating Toe Touches

--	--	--	--	--	--	--	--	--	--

14 Drop Squats

--	--	--	--	--	--	--	--	--	--

16 Backpack Russian Twists

--	--	--	--	--	--	--	--	--	--