



GRAND SLAM

2020

Event 2.20 [C-19 - Edition]

Max time - Isometric Backpack Bear Hug Wall Sit.

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

Once the timer signals 'Go' both athletes must hold an Isometric Wall Sit for as long as possible until both partners drop.

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

Movement Standards

Isometric Backpack Bear Hug Wall Sit: Athletes start with their back against a wall, feet shoulder width apart and thighs parallel to the ground (quads at 90-degrees to their shins). Partners must 'hug' their backpack with their hands crossed at all times (thumbs crossed at all times). The backpack may be held against the chest or can sit on the lap (but hugged as described at all times). The time starts for each athlete when they achieve this position.

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

Teammates' scores will be combined for one total time i.e. the time that each of the pair achieve, added together to form a single score.

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](#)