



GRAND SLAM 2020

Event 4.20 [C-19 - Edition]

For time, complete:

- 200 Backpack Ground-to-overhead
- 100 Lateral Burpee-over-backpack

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

Perform as a pair in any order, until completion of total work (300 reps). These movements may be partitioned in any order i.e. you can break up the rep's as you wish. Both partners may work at the same time.

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

Movement Standards

Backpack Ground-to-overhead: Athletes start standing with the backpack on the ground in between their feet. The athlete must bring the backpack from the ground to the overhead position, with arms, hips and knees extended so that the backpack is directly over the athletes head for each rep to count. The backpack must not be dropped back to the ground at any time - it must be returned to the ground in a controlled manner.

Note: The backpack must be held by the top and the bottom in the horizontal plane i.e. athletes may not hold the backpack vertically.

Lateral Burpee-over-backpack: The burpee must be performed parallel to the backpack. Athletes may jump or step back to reach the bottom position of the burpee. Athletes must touch their chest and thighs to the ground at the bottom of the burpee.

Athletes must use the lateral variation of the backpack jump over, no other variation is allowed. Athletes must jump over the backpack using a two-foot takeoff. Touching the backpack, single-legged jumping, or stepping over is not permitted. 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 backpack.

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

Teams total time for completing the prescribed work.

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](#)