



GRAND SLAM

2020

Event 5.20 [C-19 - Edition]

For time, complete 3 Rounds of:

- 20 Synchronized Backpack Alternating Shoulder Push Presses
- 30 Tall Plank Up-downs (one works while one holds in a tall plank position)
- 40 Synchronized Alternating Single Leg V-ups
- 50 Squat Jump + Lunge Jump Complex* (one works while one rests)

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

*Intermediate option: Air Squat + Reverse Lunge Complex.

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

Movement Standards

Synchronized Backpack Alternating Shoulder Push Presses: Athletes start standing tall with the backpack on the ground in front of them. To start, both athletes must pick up their backpack, as described below, and touch it onto the top of one of their shoulders. The athletes must then 'push press' the backpack at the same time so that it touches the opposite shoulder, ensuring that the backpack clearly travels OVER the top of their head. Locked arms at the top of this movement are not required. This shall count as one rep.

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

Tall Plank Up-downs: The Tall Plank Up-downs requires the athletes to lower themselves to their forearms, and back up again so that both arms are fully extended. This shall count as one rep. Knees must remain off the ground at all times.

Synchronized Alternating Single Leg V-ups: Athletes start by lying on their backs, arms and legs fully extended, hands and feet touching the ground. In a synchronized motion each Athlete must touch the toes on one foot with their hands by lifting up one leg and both hands e.g. hands//right toes before returning to the start position (hands and feet touching the ground). During this movement the bottom of the heel must not drop below the knee. This shall count as one rep.

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

Squat Jump + Lunge Jump Complex: Athletes start in the standing position. When the timer signals to start the Athlete will perform an air squat - at the bottom of the squat movement, the hip crease must travel below the top of the knees. On the ascent of the squat, the Athlete must jump so that both feet come off the ground and both knees are straight/extended (full extension of the hips is not required) and land in a lunge position with one knee touching the ground. Athletes must then jump again and land in a lunge position on the opposite leg. This shall count as one rep. Jumping seamlessly into the following rep is allowed.

Intermediate athletes will instead complete an Air Squat + Reverse Lunge Complex. This is essentially the same as the Advanced but without the jumping element or transitions. On the ascent of the squat, the Athlete must stand so that both knees are straight/extended (full extension of the hips is not required) before performing a lunge position with one knee touching the ground. Athletes must then return to the standing position and perform a lunge on the opposite leg. This shall count as one rep.

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](#)