



2021 INDIVIDUAL WORKOUT

Event 2 - Kettlebell Hell

There's no other way to say it - this 'is' Kettlebell Hell...

But at least you'll have the pristine white sand between your toes and the crystal clear waters of Jervis Bay between your fingers as you splash and smash your way around the course on the official Surf Life Saving Rescue Boards!

Here it is...

Advanced Athletes

For time, complete:

- **240m Surf Rescue Paddle**
- 30 Single Arm Kettlebell Thruster - Right Arm Only
- 15 Lateral Burpees Over Kettlebell*
- **240m Surf Rescue Paddle**
- 15 Lateral Burpees Over Kettlebell
- 30 Single Arm Kettlebell Thrusters - Left Arm Only
- **240m Surf Rescue Paddle**

M: 24-kg | F: 16-kg

*Tiebreak: completion of first set of 15 Lateral Burpee Over Kettlebell

Time Cap: 15 minutes

Intermediate Athletes

For time, complete:

- **240m Surf Rescue Paddle**
- 30 Single Arm Kettlebell Thruster - Right Arm Only
- 15 Lateral Burpees Over Kettlebell*
- **240m Surf Rescue Paddle**
- 15 Lateral Burpees Over Kettlebell
- 30 Single Arm Kettlebell Thrusters - Left Arm Only
- **240m Surf Rescue Paddle**

M: 16-kg | F: 12-kg

*Tiebreak: completion of first set of 15 Lateral Burpee Over Kettlebell

Time Cap: 15 minutes

Masters Athletes

For time, complete:

- **Buy-in: 240m Surf Rescue Paddle**

then...

- 24 Single Arm Kettlebell Thrusters - Right Arm Only
- 12 Lateral Burpees Over Kettlebell*
- 24 Single Arm Kettlebell Thrusters - Left Arm Only
- 12 Lateral Burpees Over Kettlebell

then...

- **Buy-out: 240m Surf Rescue Paddle**

M: 16-kg | F: 12-kg

*Tiebreak: completion of first set of 12 Lateral Burpee Over Kettlebell

Time Cap: 15 minutes

Movement Standards

Surf Rescue Paddle: Athletes must start in their designated holding pen with their Rescue Board on the beach immediately next to them, but not touching it. Wetsuits and speedsuits CANNOT be worn.

Once the heat starts each Athlete must pick up their Rescue Board and enter the water with it. Making sure the water is deep enough so as not to damage the board/fin, the athlete will paddle along the designated route at all times keeping the marker buoys on their right. Support craft and/or pacers are not allowed.

Once the athlete returns to the shore they must carry their Rescue Board from the water back to their pen where they must gently lay it on the sand. Games Crew will turn each Rescue Board around within the pen whilst the Athletes are completing their Kettlebell work.

NOTE: The Rescue Boards are not to make contact with anything but sand, water and human. Penalties can be applied if an Athlete causes a Rescue Board to make contact with the metal crowd control barriers.

Single Arm Kettlebell Thruster:

The Kettlebell starts on the ground, and the athlete must elevate it into the rack position. There is no requirement to stand up fully before beginning the thruster, nor is standing up prohibited. The thruster begins when the athlete squats below parallel with the Kettlebell racked on the shoulder. Then, in a single movement the athlete drives the Kettlebell up out of the squat and overhead. The finishing position has the knees, hips and arms fully extended with the Kettlebell stable over the heel.

Once the athlete hits the bottom of the squat, there can be no re-bend of the knees and/or hips, and the feet must remain stationary. The Kettlebell can stop near the top and be pressed out if necessary, but any descent of the Kettlebell (after upward movement in the thruster has begun) constitutes a no-lift. Any stepping, splitting, repositioning of the feet, re-bending the hips or knees or jerking all constitute a no-lift. Going up on the toes is permitted as long as the feet remain stationary.

Lateral Burpee Over Kettlebell:

Athletes must use the lateral variation of the burpee, no other variation is allowed. These are hand-release burpees so Athletes must touch their chest and thighs to the sand at the bottom of the burpee and lift both hands off the sand for each rep to count. Athletes may jump or step in the burpee, but must jump with both feet at the same time over the Kettlebell. Athletes are not required to stand to full extension before jumping over the Kettlebell. The rep is counted when the athlete lands with both feet together on the opposite side of the Kettlebell.

Minimum work requirements: To continue on in the overall event Athletes are required to have started their second set of thrusters.