



2021 TEAM WORKOUT

Event 3 - Tough Love

Advanced Teams

For total time, complete:

First - Pair 1 completes 20-15-10 of...

- Partner Deadlifts
- Lateral Synchronized Burpee-over-bar

Then - Pair 2 completes...

- 45 Partner Deadlifts
- 45 Lateral Synchronized Burpee-over-bar

Note: Barbell will be 10m from the start line. Pair 1 must complete their work fully before running back to tag in the second Pair.

MM: 165-kg | MF: 145-kg | FF: 125-kg

Time Cap: 15 minutes

Intermediate Teams

For total time, complete:

First - Pair 1 completes 20-15-10 of...

- Partner Deadlifts
- Lateral Synchronized Burpee-over-bar

Then - Pair 2 completes...

- 45 Partner Deadlifts
- 45 Lateral Synchronized Burpee-over-bar

Note: Barbell will be 10m from the start line. Pair 1 must complete their work fully before running back to tag in the second Pair.

MM: 125-kg | MF: 105-kg | FF: 85-kg

Time Cap: 15 minutes

Movement Standards

Partner Deadlifts:

Starting with the bar on the ground, the two athletes must bring the bar to their hips. The rep is counted when the athletes stand with the bar to full extension of their hips, knees and ankles with their shoulders behind the plane of the bar when viewed from the side. Sumo Deadlifts, or any other variation where the hands are inside the legs, are not permitted.

Synchronized Burpee Over Bar:

Each Burpee Over Bar must be performed perpendicular to and facing the barbell, no other variation is allowed. They are synchronized which means that the two Athletes must start the burpee together, arrive at the bottom of the burpee at the same time and have both respective feet taking off and landing together as they jump over the barbell.

These are hand-release burpees so Athletes must touch their chest and thighs to the ground at the bottom of the burpee and lift both hands off the ground for each rep to count. Athletes may jump or step in the burpee, but must be synchronized with their teammate. Athletes are not required to stand to full extension before jumping over the barbell. The rep is counted when the athletes land with their respective feet together on the opposite side of the barbell.

Minimum work requirements: None.