



# 2021 PAIRS WORKOUTS

## Event 3 - The Sufferfest

This event is called The Sufferfest for good reason... This is the third and final test for our fearless Advanced teams of two and it's one they'll remember.

Actually, they should thank us. Why? Because we saved this until the end. Just imagine if this was Event 1!!

This is what it looks like...

For time, athletes must complete the following:

- 15 metre sprint (both athletes)
- 60 Deadlifts
- 30 Synchronised Lateral Burpee Over Bar
- 40 Hang Squat Cleans
- 20 Synchronised Lateral Burpee Over Bar
- 20 Shoulder to Overhead
- 10 Synchronised Lateral Burpee Over Bar
- 15 metre sprint (both athletes)

M: 80-kg | F: 55-kg

\*The athletes can share the required work as they choose

Time Cap: 10 minutes

### Movement Standards

**Deadlifts:** Starting with the bar on the ground, one athlete must bring the bar to their hips. The rep is counted when the athlete stands with the bar to full extension of the hip, knee and ankle 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. Touch and go is permitted but bouncing the barbell is not - doing so will be Judged as a no rep (it will damage the ground). Collars must be used to secure the weights on the barbell.

**Synchronised Lateral Burpee Over Bar:** Athletes must use the lateral variation of the burpee, no other variation is allowed. Athletes may jump or step into the burpee, but both athletes must use the same method and at the same time i.e. they jump or step into the burpee together. Athletes must touch their chest and thighs to the ground at the bottom of the burpee at the same time for the rep to count. Athletes must jump with both feet at the same time over the barbell. Athletes are not required to stand to full extension before jumping over the bar. The rep is counted when the athletes land with both feet together on the opposite side of the bar at the same time

**Hang Squat Cleans:** Each rep must start from the hang position i.e. any reps starting from the ground must first achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang squat clean. Cleaning the barbell from the ground in one continuous motion is not permitted. The barbell cannot pass below the top of the knee for it to be classed as a hang clean. At the bottom of the movement, the hip crease must go below the top of the knee

After each rep, athletes must stand to full extension of the hip, knee and ankle showing control of the barbell, including elbows in front of the bar and the bar touching both shoulders in the 'rack' position. Each repetition finishes with bar racked on the shoulders and the **elbows clearly in front of the bar** with the hips and knees fully extended (the Judges will be watching athletes elbows like a Labrador that hasn't seen food for over an hour!). For all reps the arms must be fully extended on return to the hang before completing the next rep

**Shoulder to Overhead:** Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line