



# 2022 Events

## Event 4 - Beast Mode

In 10 minutes, complete as many Reps as possible using a 'You Go, I Go' format:

- 8 Barbell Ground-to-shoulder
- 6 Barbell Alternating Front Rack Reverse Lunges
- 4 Barbell Shoulder-to-overhead
- Shuttle Sprint Complex: 4 metre - 7 metre - 10 metre

**Advanced** - M: 55-kg | F: 35-kg

**Intermediate** - M: 35-kg | F: 25-kg

Target Score: 8-12 Rounds

Time Cap: 10:00

\*Tiebreaker: When the 4th Shuttle Sprint Complex is complete.

### Movement Standards

#### **Barbell Ground-to-shoulder**

Starting with the bar on the ground in front of them, the athlete must bring the bar to their shoulders, with the bar touching both shoulders in the "rack" position and the elbows in front of the barbell with full extension of their hips, knees and ankles for the rep to count.

Athletes may use a power clean or muscle clean to achieve completion of each rep.

**Note:** Touch-and-go is permitted but 'bouncing' the plates off the ground will be considered a 'No Rep' - we do not want to cause damage to the grass and/or create ankle hazards for subsequent events.

#### **Barbell Alternating Front Rack Reverse Lunges**

The athlete must start each rep with the bar at their shoulders, with the bar touching both shoulders in the "rack" position and the elbows in front of the barbell with full extension of their hips, knees and ankles.

With the barbell in the front rack position the athlete must complete a reverse lunge and return to the standing position, with full extension of their hips, knees and ankles. For the rep to be counted the knee of the trailing leg must clearly make contact with the ground. The athlete then repeats the movement using the other leg, alternating each time.

**Note:** It is permitted (intended) that the first front rack reverse lunge follows from the previous movement (barbell greyhound to shoulder). If the athlete wishes to partition this sequence they may do so, noting the required starting position of the alternating front rack reverse lunges as described above.

#### **Barbell Shoulder-to-overhead**

Each rep must start with the bar touching both shoulders in the "rack" position and the elbows in front of the barbell. Each rep will end once the bar is overhead with the athlete showing full extension of the arms, hips, knees and ankles.

Athletes may use any of the following variations: Strict Press, Push Press, Push Jerk, Power Jerk & Split Jerk. Starting the shoulder-to-overhead immediately from the last front rack reverse lunge is permitted.