



# 2022 Events

## **Floater - 'All In' with Auki** (*pronounced; ay-ooki*)

For time, each partner must complete the following separately:

- 20/15 Cal. Row
- 20 Barbell Thrusters
- 20/15 Cal. Row

**Advanced & Intermediate** - M: 40-kg | F: 30-kg

Time Cap: 4 minutes

### **Movement Standards**

#### **Rower**

The workout begins with the athlete standing tall next to the rower and having no contact with it or any other equipment. After the starting signal is given the athlete will start the workout.

Athletes must maintain 5 points of contact (i.e. hands, feet and bum) at all times until the required calorie count is shown on the rower monitor.

#### **Barbell Thrusters**

Each rep starts with the bar touching both shoulders in the "rack" position and the elbows in front of the barbell. Athletes must hold the thrusters in the front-rack position during the squat phase of the movement. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean, with or without full hip extension, is allowed when the dumbbells are taken from the floor.

The rep is credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended. Athletes must continue pressing the weight up until lockout. Re-dipping during the press (i.e. performing a thruster jerk) will result in a no-rep.