



LEVEL UP YOUR FITNESS

WITH THE 2023 BATTLE

WORKOUT RELEASE

EVENT 3 - GYMNASTICS

In a 10 Minute time cap, complete as many reps as possible:

Round 1

- 16 Toes to Bar (2 synchronise)
- 8 Burpee to Pull Up (2 synchronise)
- 4 Legless rope climbs (Shared)
- 28 Buddy Deadlifts (2 synchronise on 1 bar)
- 30 meter Handstand Walk (Shared)

Round 2

- 16 Toes to Bar (2 synchronise)
- 8 Burpee to Bar Muscle Up (2 synchronise)
- 4 Legless rope climbs (Shared)
- 28 Buddy Deadlifts (2 synchronise on 1 bar)
- 30 meter Handstand Walk (Shared)

Round 3

- 16 Toes to Bar (2 synchronise)
- 8 Bar Muscle Ups (2 synchronise)
- 4 Legless rope climbs (Shared)
- 28 Buddy Deadlifts (2 synchronise on 1 bar)
- 30 meter Handstand Walk (Shared)

*Continue to repeat round 3 until time cap is reached.

Event Variations:

Open Division

- ♂ 4 meter legless rope climbs, 30 meters total in 5 meter handstand walk increments. Deadlifts 85kgs
- ♀ 4 meter rope climbs, 30 meters total in 5 meter handstand walk increments. Deadlifts 65kgs

Masters Division

- ♂ Burpee to Pull Up (Round 1), Pull Ups (Round 2), Bar Muscle up while partner Hangs (Round 3), 4 meter rope climbs, 15 meters total in 2.5 meter handstand walk increments. Deadlifts 85kgs
- ♀ Burpee to Pull Up (Round 1), Pull Ups (Round 2), Bar Muscle up while partner Hangs (Round 3), 4 meter rope climbs, 15 meters total in 2.5 meter handstand walk increments. Deadlifts 65kgs

Scaled Division

- ♂ Burpee to Pull Up (Round 1), Pull Ups (Round 2), Bar Muscle up while partner Hangs (Round 3), 4 meter rope climbs, 15 meters total in 2.5 meter handstand walk increments. Deadlifts 85kgs
- ♀ Burpee to Pull Up (Round 1), Pull Ups (Round 2), Bar Muscle up while partner Hangs (Round 3), 4 meter rope climbs, 15 meters total in 2.5 meter handstand walk increments. Deadlifts 65kgs

Foundational Division

- ♂ 24 PVC Sit Ups, Pull Ups while partner Hangs (Round 1), Pull Ups while partner Hangs (Round 2), Pull Ups (Round 3), 3 meter rope climbs, 60 meters total in 15 meter shuttle run increments. Deadlifts 85kgs
- ♀ 24 PVC Sit Ups, Pull Ups while partner Hangs (Round 1), Pull Ups while partner Hangs (Round 2), Pull Ups (Round 3), 3 meter rope climbs, 60 meters total in 15 meter shuttle run increments. Deadlifts 65kgs

EVENT 3 - GYMNASTICS

Presented By



EVENT FLOW:

Team members A, B and C will start behind the starting line. At the call of 3,2,1 GO. The 10 MIN AMRAP will begin. Team members A + B will start the workout, team member C will remain in the holding area. In round 1, two athletes will perform 16 repetitions of Synchronised Toes to Bar with both members on the same pull up rig facing the same direction. Once complete, 8 repetitions of Synchronised Burpee to Pull ups. Next, 4 repetitions of legless rope climbs. Team members may alternate members as required. Team members not performing the rope climbs must wait in the holding area. Athletes will then move to the barbell and complete 28 repetitions of 2 person buddy deadlifts on the same barbell. Athletes will then make their way to the opposite side of the arena where the team will share the required Handstand Walks. Team members may alternate at any point. Team members not performing the handstand walk must wait in holding area. The handstand walk must be completed in the divisional required increments. Only the completed increments will count toward the teams score. The team will then begin round 2 and follow the same format, replacing the Burpee to pulls with Burpee to Bar Muscle Ups. Once round 2 is complete, the team will begin round 3 and follow the same format replacing the Burpee to Bar Muscle Ups with Bar Muscle Ups. The team will then continue to repeat round 3 until the 10 minute time cap is reached.

TAGGING OF TEAM MEMBERS:

Working partner must enter holding area in order to allow the new partner to progress and resume reps. If your team does not have enough athletes in the holding area at any time, the Judge or Head Judge will recall your entire team to the holding area and only then you will be allowed to resume with your workout.

SCORING:

The number of repetitions completed in 10 minutes. 1 Handstand Walk segment is equal to 1 repetition. 1 Shuttle run length equals 1 repetition.

*All scores will accumulate points based off CompMetrics Z -Scoring algorithm that allocates points based off performance measured against the group.

