

"WHAT MIDLINE?!"

PART A

AMRAP 10:

MAX METRES SKI-ERG

PART B

10 ALTERNATING ROUNDS FOR TIME:

5 DOUBLE DUMBBELL HANG SNATCHES

10 TOES-TO-BAR

20 DOUBLE UNDERS

TIME CAP - 10:00

NOVICE: DAMPER @ 4 | DUMBBELL WEIGHT - 25lb/20lb | 10 KNEE RAISES | 30 SINGLE UNDERS

INTERMEDIATE: DAMPER @ 7 | DUMBBELL WEIGHT - 35lb/25lb | 5 TOES TO BAR

RX: DAMPER @ 10 | DUMBBELL WEIGHT - 50lb/35lb

FLOW

This workout begins with both athletes standing on the starting mat. At the call of 3,2,1, GO!... Athlete 1 will move to the Ski-Erg and begin to accumulate as many metres as possible in 10 minutes. Athlete 2 will move to the dumbbells and complete 1 round of the following, 5 Double Dumbbell Hang Snatches, 10 Toes-to-Bar and 20 Double Unders. Once partner 2 finishes their last Double Under or Single Under, they will move forward and tag Athlete 1 on the Ski-Erg.

Once the tag occurs, athletes will switch. Athlete 2 will continue working on the Ski-Erg accumulating as many metres as possible in 10 minutes and Athlete 1 will move to the dumbbells to begin round 2 of 5 Double Dumbbell Hang Snatches, 10 Toes-to-Bar and 20 Double Unders.

Each team will follow this format until 10 TOTAL rounds are complete.

Time will be called for Part B when last athlete working on the alternating rounds stands on the finishing mat.

If the 10 alternating rounds are completed under the 10 minute time cap, both athletes will now have the option of accumulating as many metres as possible on the Ski-Erg until the 10 minute AMRAP is complete. There will only be one athlete working on the Ski-Erg at a time - the non-working athlete must remain on the starting mat until tagged.

This is a 2 scored event. Score 1 will be the MAX Metres reached in the 10 minute AMRAP. Score 2 will be the total time for completing Part B. If teams do not complete the reps of Part B under the given time cap, every rep not completed will add :01 to the time cap to provide the team a timed score.

FOR THE OFFICIAL MOVEMENT STANDARDS AS WELL AS INFORMATION ABOUT EACH DIVISION AND WORKOUT VARIATION, PLEASE VISIT NXTLVLPERFORMANCE.CA/GAMES

GENERAL/EQUIPMENT STANDARDS

- During the Double Dumbbell Hang Snatches, the athlete will face the front wall.
- During the skipping, the athlete's feet and rope must stay in front of the second tape line away from the rig. If the athletes feet touch the line at any time the rep will not count.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

SKI-ERG (ALL DIVISIONS)

The athlete may NOT touch the monitor or the damper. Damper will be set per division.

RX DIVISION will be set to a 10 Damper Setting.

INTERMEDIATE/RX MASTERS will be set to a 7 Damper Setting.

NOVICE/NOVICE MASTERS DIVISION will be set to a 4 Damper Setting.

Both feet must be completely on the footpad and the athlete must stay on footpads until tagged by partner.

DOUBLE DUMBBELL HANG SNATCHES (ALL DIVISIONS)

Begin the first rep with your hips, knees and arms at full extension, and your head and shoulders in line vertically over your hips. From this position, lower the dumbbells to the Hang between the legs. Hang Position outside the legs will not be permitted. From the Hang, you must lift the dumbbells overhead in one motion. A Double Dumbbell Clean and Jerk is not allowed. At the top, your arms, hips, and knees must be fully locked out, with the dumbbells clearly over the middle of your body when viewed from profile. The rep is credited once you have reached lockout. You may lower the subsequent repetitions directly to the hang position. Power Snatches are allowed. Grips are NOT permitted to be used for this movement, they may be on the wrist, but no part of the grips will wrap around the dumbbell handles.

TOES-TO-BAR (RX & INTERMEDIATE DIVISIONS)

Athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet contact the bar between the hands at the same time. Any part of the feet may make contact with the bar.

HANGING KNEE RAISES (NOVICE DIVISIONS)

The athlete must begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the athlete's knees rise above the hips.

DOUBLE UNDERS (RX & INTERMEDIATE DIVISIONS)

The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE UNDERS (NOVICE DIVISIONS)

The rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.