

"90 PROOF"

FOR TIME, EVERY 2:00 X 6 ALTERNATING ROUNDS:

10/7 CALORIE ECHO BIKE

6 BAR FACING BURPEES

IN THE REMAINING TIME:

ACCUMULATE 90 THRUSTERS AS A TEAM

NOVICE/NOVICE MASTERS: 65lbs/45lbs

INTERMEDIATE/RX MASTERS: 95lbs/65lbs

RX: 115lbs/85lbs

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 bike and begin the required amount of calories. Athlete 2 will remain on the starting mat. Upon completion of the bike calories, Athlete 1 will move to the barbell and complete 6 Bar Facing Burpees. Once the Bar Facing Burpees are complete, Athlete 1 will accumulate as many Thrusters as possible in the remaining time of their 2:00 interval.

As soon as the 2:00 interval is complete, Athlete 1 will move to the start mat and tag Athlete 2. Athlete 2 MUST stay on the starting mat until tagged. Once the tag occurs, Athlete 2 will now begin their 2:00 interval and complete the calories on the bike, 6 bar facing burpees and pick up where Athlete 1 left off and accumulate as many Thrusters as possible in the remaining time.

This format will continue until 90 Thruster repetitions total are completed.

Time will be called when both athletes are back on the starting mat.

If teams do not complete the reps 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 VARIATIONS, PLEASE VISIT NXTLVLPERFORMANCE.CA/GAMES

GENERAL/EQUIPMENT STANDARDS

- The athletes may adjust the bike seat but not touch the monitor and must remain on the seat until the required calories are completed. The monitor will be reset by the judge between rounds.
- The athlete and the barbell must remain in between tape lines away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- There will be a marked tape line for the Bar Facing Burpees. During the Bar Facing Burpee, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.
- The barbell must be on top and perpendicular of the line marked for the Bar Facing Burpees before beginning any set of Thruster repetitions.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN. (EXCEPT FOR THE RESETTING OF THE ECHO BIKE)

MOVEMENT STANDARDS

ECHO BIKE

The athletes may adjust the seat but not touch the monitor and must remain in the seat until the required calories are completed. The monitor will be reset by the judge between rounds.

BAR FACING BURPEES

The burpees must be performed perpendicular to and facing the barbell. Athletes may jump or step back to reach the bottom position. The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. The athlete's head must stay behind the barbell. Hands and feet must remain inside the width of the plates. Stepping and/or jumping back to the starting position are both permitted. The athlete **MUST** clearly jump over the barbell. Both feet must be off the ground as the athlete passes over the bar. Stepping over is **NOT** permitted. The athlete does **NOT** need to use a two-foot takeoff. Novice Divisions may step over the bar. Touching the barbell on the jump or step-over is a "no rep." The rep is credited when both feet have touched the ground on the opposite side of the barbell. There is no requirement to land with both feet at the same time. The athlete must be perpendicular to and facing the barbell before starting the next rep. Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern. If the athlete receives a "no rep" for any reason, the entire rep must be repeated from the correct side.

THRUSTERS

Each set of thrusters begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.