

## **“DEADPOOL & WOLVERINE”**

**3 ROUNDS FOR TIME:**

**15 SYNCHRO LATERAL BARBELL POGO BURPEES**

**15 SYNCHRO TOES-TO-BAR**

**10 ALTERNATING CLEANS**

**TIME CAP: 12:00**

### **WEIGHTS/MOVEMENTS PER DIVISION**

**RX:** BARBELL - 205LBS/145LBS | 15 SYNCHRO TOES-TO-BAR

**RX MASTERS:** BARBELL - 165LBS/115LBS | 15 SYNCHRO TOES-TO-BAR

**INTERMEDIATE:** BARBELL - 165LBS/115LBS | 10 SYNCHRO TOES-TO-BAR

**NOVICE:** BARBELL - 135LBS/95LBS | 15 SYNCHRO TOES-TO-HIP

**NOVICE MASTERS:** BARBELL - 135LBS/95LBS | 15 SYNCHRO TOES-TO-HIP

### **FLOW**

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athletes will move to their barbell and complete 15 Lateral POGO Burpees. Once the Lateral POGO Burpees are complete, both athlete's will move to the pull up bar and perform 15 Synchronized Toes-to-Bar (RX) / 10 Synchronized Toes-to-Bar (INT) / 15 Synchronized Toes-to-Hip. One athlete must be on the bare steel pull up bar and the other athlete must be on the powder coated pull up bar, both athletes cannot be on the same pull up bar. Once the Toes-to-Bar / Toes-to-Hip are complete, both athletes will move to the barbell and perform 10 Alternating Power Cleans. These reps must be alternating. Once the Power Cleans are complete, both athletes can begin round 2 starting with the Lateral POGO Burpees.

This format will continue for 3 rounds TOTAL. Time will be called when both athletes are on the finishing mat. If a team does not complete the reps under the given time cap, the score will be the time cap plus the reps not completed within the time cap.

### **GENERAL/EQUIPMENT STANDARDS**

- For the Synchronized Lateral Barbell POGO Burpees, the ONLY synchronized part of the movement is at the bottom of the burpee with chests on the floor.
- The Toes-to-Bar / Toes-to-Hip MUST be synchronized.
- Each lane will have a bare steel bar and a powder coated bar for fairness of the competition. One athlete must be on each type of pull up bar. Athletes CANNOT be on the same pull up bar.
- The Power Cleans MUST be alternating reps.
- Each Power Clean MUST be fully stood up and locked out on the shoulders before dropping, “popping” the bar off of the shoulders will be considered a NO REP.
- Barbell MUST come to a complete stop on the floor before the next athlete performs the next rep.
- Barbell MUST remain in the vicinity of the provided tape line on the competition floor.
- Athletes MUST stay in their respective lanes during the Power Cleans.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

## **MOVEMENT STANDARDS**

### **SYNCHRONIZED LATERAL BARBELL POGO BURPEES (ALL DIVISIONS)**

The Lateral Barbell POGO Burpee starts with both athletes staggered on opposite sides of the barbell. Both athletes are facing the crowd. Each athletes' chest and thighs must touch the ground at the same time. When jumping over the barbell, for the RX and INTERMEDIATE DIVISIONS, both athletes MUST clearly jump over the barbell. Both feet must be off the ground as the athletes' pass over the barbell. Stepping over is NOT permitted. The athletes' do NOT need to use a two-foot takeoff. NOVICE DIVISIONS may step over the barbell. Touching the barbell or plates when going down into the burpee is permitted, however, touching the barbell or plates on the jump or step-over is a "no rep." If a no rep occurs during the jump or step over, athletes must restart the rep beginning with the burpee, the rep can start from any side. If a no rep occurs during the synchronized portion of the burpee, athletes do not have to restart the rep from a standing position, both athletes can wait on the floor until both chests meet at the bottom. The rep is credited when both feet of each athlete have touched the ground on the opposite side of the barbell and have returned back to the side the athlete performed the burpee on. For the return back to the burpees side, the same standards apply for jumping or stepping over for the corresponding divisions. There is no requirement to land with both feet at the same time.

### **SYNCHRONIZED TOES-TO-BAR (RX & INTERMEDIATE)**

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

### **SYNCHRONIZED TOES-TO-HIP (NOVICE)**

In the Synchronized Toes-to-Hip, both athletes begin by hanging from the pull-up bar with arms extended. The heels of each athlete must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the toes of both athletes cross the horizontal plane of the hips at the same time.

### **ALTERNATING CLEANS (ALL DIVISIONS)**

The barbell begins on the ground. Touch-and-go is NOT permitted as these reps are alternating reps with your partner. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the next athlete can begin the next repetition. Muscle cleans, power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands at the same time. If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count. Athletes can face each other during the reps.