

EVENT 2 - IT'S ALL IN THE HIPS

"IT'S ALL IN THE HIPS"

8 ALTERNATING ROUNDS FOR TIME:

8 DUAL DUMBBELL THRUSTERS

30FT (15FT/15FT) DUAL DUMBBELL FRONT RACK WALKING

LUNGES

8 TOES-TO-BAR

TIME CAP - 12:00

WEIGHTS/MOVEMENTS PER DIVISION

RX: DUMBBELLS - 50LBS/35LBS | TOES-TO-BAR

INTERMEDIATE: DUMBBELLS - 35LBS/25LBS | 6 TOES-TO-BAR

NOVICE/NOVICE MASTERS: DUMBBELLS - 25LBS/20LBS | TOES-TO-HIP

FLOW

This workout begins with both athletes standing behind the pull up bars. At the call of 3,2,1, LIFT!... Athlete 1 will move to the dumbbells and perform 8 Dual Dumbbell Thrusters. Once the Thrusters are complete, Athlete 1 will perform 30ft of Dual Dumbbell Walking Lunges. Once Athlete 1 crosses the marked tape line under the pull up bar, Athlete 1 will now perform 8 Toes-to-Bar (6 Toes-to-Bar for Intermediate Division & 8 Toes-to-Hip for Novice Divisions). Once the Toes-to-Bar are complete, Athlete 1 will tag Athlete 2 to begin their round.

This format will continue until 8 total rounds are complete (alternating, 4 rounds per athlete). Time will be called when Athlete 2 finished the last rep of the Toe-to-Bar. 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

- Dual Dumbbell Thrusters are performed behind the 4ft pull-up bar close to the wall.
- Dual Dumbbell Front Rack Walking Lunges will be performed within the 4ft pull-up bar extending out to the end of the lane.
- When the last Dual Dumbbell Thruster of the set is complete athletes are permitted to set the dumbbells on the shoulders from the overhead position to begin the Dual Dumbbell Front Rack Walking Lunges.
- Gymnastics grips are not permitted when holding the dumbbells.
- Each 15ft distance will be considered 1 rep.
- Each 15ft distance must be completed UNBROKEN. If an athlete drops the dumbbells or is given a no rep in between the 15ft section, the athlete must return to the side they started the rep and restart the 15ft distance.
- Toes-to-Bar will be performed facing the crowd on the bare steel pull-up bar.
- Dumbbells will need to be placed back to the ground. Any dumbbells dropped from the shoulders or overhead position, a :15 penalty will be added to the team's total time. If a team does not finish within the time cap, then a 15 rep penalty will be added to their score.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.



MOVEMENT STANDARDS

DUAL DUMBBELL THRUSTERS (ALL DIVISIONS)

Each set of dumbbell thrusters begins with dumbbells on the ground. Hold the dumbbells in the front-rack position during the squat. Dumbbells move from the bottom of a front squat to full lockout overhead. A full squat clean into the thruster is allowed when the dumbbells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. The rep is credited when the dumbbells are locked out overhead, with the hips, knees, and arms fully extended with both dumbbells directly over or slightly behind the middle of the body. Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep." Athletes may not receive any assistance moving the dumbbells.

DUAL DUMBBELL FRONT RACK WALKING LUNGES (ALL DIVISIONS)

The athlete must start each length with both feet clearly behind the line. Each lunge begins with the dumbbells at the shoulders, feet together, and hips and legs extended. The dumbbells must remain at the shoulders. The dumbbells may NOT touch each other or rest against the athlete's head. A full grip around the handle of the dumbbell must be maintained for the duration of the lunge. The trailing knee must make contact with the ground at the bottom of each lunge before the athlete returns to full hip and leg extension. The athlete must alternate which foot leads for each rep. Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top. Shuffle steps that advance the athlete forward between reps are not allowed. Resting the head of the dumbbells on the shoulders is allowed. Resting the handle of the dumbbells or the hands directly on the shoulder is NOT allowed. Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is NOT allowed. The athlete must reach the finish position of a repetition before lowering the dumbbells from the shoulders. Each length of the 15-ft measured distance will be considered 1 rep. The rep is credited when both heels are past the line (touching the line will not count), the feet are together, and the hips and legs are fully extended. The athlete must reach the finish position before lowering the dumbbells from the shoulders. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep, or not keeping the dumbbells at the shoulders for the duration of the rep, the athlete must return behind the line and repeat the entire length.

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.

TOES-TO-HIP (NOVICE 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 the toes of the athlete cross the horizontal plane of the hips.

