

## **“MERRY-GO-ROUND”**

### **AMRAP 15:**

- 15 SYNCHRONIZED ALTERNATING SINGLE DUMBBELL SNATCHES**
- 10 BURPEE BOX GET OVERS (ALTERNATING REPS)**
- 15 SYNCHRONIZED ALTERNATING SINGLE DUMBBELL DEVIL’S PRESS**
- 10 BURPEE BOX GET OVERS (ALTERNATING REPS)**
- 15 SYNCHRONIZED ALTERNATING SINGLE DUMBBELL HANG CLUSTERS**
- 10 BURPEE BOX GET OVERS (ALTERNATING REPS)**
- \* ALL DUMBBELL MOVEMENTS TO BE DONE SYNCHRONIZED**

#### WEIGHTS/MOVEMENTS PER DIVISION

RX: DUMBBELL - 50LBS/35LBS | BOX HEIGHT - 40”

RX MASTERS: DUMBBELL - 35LBS/25LBS | BOX HEIGHT - 40”

INTERMEDIATE: DUMBBELL - 35LBS/25LBS | BOX HEIGHT - 40”

INTERMEDIATE MASTERS: DUMBBELL - 35LBS/25LBS | BOX HEIGHT - 40”

NOVICE: DUMBBELL - 25LBS/20LBS | BOX HEIGHT - 30”

NOVICE MASTERS: DUMBBELL - 25LBS/20LBS | BOX HEIGHT - 30”

#### **FLOW**

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athletes will move to their dumbbell and perform 15 Synchronized Alternating Single Dumbbell Snatches. Once complete, athletes MUST move their dumbbell behind the marked tape line. Once both dumbbells are behind the line, athletes will perform 10 Burpee Box Get Overs, these reps are alternating reps. Once the athlete completes the repetition, that athlete must return to the burpee side. When returning to the burpee side, the athlete must use the area on the side opposite of the judge/box in their respective lane. Each rep of the Burpee Box Get Over will always be performed facing the crowd. Once the Burpee Box Get Overs are complete, athletes will bring their dumbbells back into the working area before starting the next dumbbell movement.

This format will continue with the dumbbell movement changing each time. When the athletes return to the dumbbell for the second time, the movement will change to Synchronized Alternating Single Dumbbell Devil’s Press. When the athlete returns to the dumbbell for the third time, the movement will change to Synchronized Alternating Single Dumbbell Clusters. The Burpee Box Get Overs stay the same at 10 repetitions in between each dumbbell movement.

This format will continue until the 15 minute AMRAP is complete. TOTAL completed reps will be the score given to each team at the end of the 15 minute AMRAP.

#### **GENERAL/EQUIPMENT STANDARDS**

- ALL dumbbell movements must be synchronized.
- ALL dumbbell movements must be alternating arm reps.
- Athletes do not need to start with the same working arm.
- Athletes can switch hands either above the head, on the way down or on the floor.
- For each dumbbell movement, the rep is credited when both athletes have the dumbbell locked out overhead with their hips, knees, and arms fully extended and the dumbbell is directly over, or slightly behind, the middle of their body.
- At the beginning of each dumbbell set, the dumbbell must start on the floor with both heads on the ground. This includes the Hang Clusters.
- During the Snatches, the contact of both heads of the dumbbell does not have to be simultaneous and athletes do not need to synchronize the contact on the floor with each other.
- During the Devil’s Press, the burpee does not have to be synchronized. For the burpee of this movement, the chest MUST come in contact with the FLOOR not the dumbbell. During the burpee, the legs are permitted to cross the tape line, however the dumbbell must always remain inside the working area.
- During the Hang Clusters, the squat does not have to be synchronized.
- If during the Hang Clusters the athlete breaks the set up and rests the dumbbell on the floor, the athlete is required to deadlift the dumbbell and pause with the dumbbell at the hang position between the legs in a fully locked out standing position.
- After each dumbbell movement, athletes are required to move their dumbbell behind the marked tape line before starting the Burpee Box Get Overs. Any dropping or throwing of the dumbbells across the line will result in a 10 rep penalty to the event score. Repeated infractions will result in a score of zero for the event.
- After the Burpee Box Get Overs, the athletes are required to move their dumbbell back in front of the marked tape line before starting the next dumbbell movement.
- For the Burpee Box Get Overs, the next repetition can begin only when both of the previous athlete’s feet contact the floor on the other side of the box. The judge will prompt the non working athlete on when to start the next rep.
- When landing on the other side of the box, the feet must land within the marked tape lines.
- When getting over the box, the athlete’s entire body, including the legs must go OVER the box NOT around it, but if the athlete has the knee(s) landing on top of the box, the feet, and only the feet, can swing around the side of the box.
- If a no rep occurs, the same working athlete MUST restart the entire rep beginning with the burpee.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

### **MOVEMENT STANDARDS**

**ALL DUMBBELL MOVEMENTS** MUST be alternating and MUST be synchronized with your partner. The synchronized portion of the movement is counted at the top of the rep, meaning both athletes MUST have their hips, knees, and arms fully extended and the dumbbell is directly over, or slightly behind, the middle of their body in order for the rep to count. The dumbbell for each movement starts with both heads of the dumbbell on the ground. athletes may not use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition.

### **SYNCHRONIZED ALTERNATING SINGLE DUMBBELL SNATCHES (ALL DIVISIONS)**

Athletes must lift the dumbbell overhead in one motion. A clean and jerk is not allowed. Touch-and-go is permitted. Both heads of the dumbbell must come in contact with the ground. Bouncing the dumbbell is not allowed. Athletes may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count. On the next rep, athletes MUST change which arm performs the next Dumbbell Snatch for the reps to be completed as alternating. Athletes may not receive any assistance in resetting the dumbbell. Athletes may NOT drop the dumbbell at any point of the lift unless safety is a concern. If the athlete deliberately drops the Dumbbell, a 10 rep penalty will be given on the final score.

### **BURPEE BOX GET OVERS, ALTERNATING REPS (ALL DIVISIONS)**

For the burpee, the athlete must be perpendicular to the box at the bottom position, with the athlete's chest touching the ground. A step out or jump out and back from the bottom of the burpee IS allowed. The athlete must come to their feet and get over the box to the other side where the rep will be counted. When landing on the floor on the other side of the box, the athlete must land within the width of the box, tape lines will be set on the floor for the landing area. When getting over the box, landing on top of the box is allowed, but not required. The hands, forearms, knees and feet are the only body parts that can come in contact with the top of the box. The athlete's entire body, including the legs must go OVER the box NOT around it, but if the athlete has the knee(s) landing on top of the box, the feet, and only the feet, can swing around the side of the box. Full extension at the top is not required. Once both feet of athlete 1 lands on the opposite side of the box, the judge will prompt athlete 2 to begin their rep. When the athlete completes a rep, the athlete MUST return back to the side of the box where the burpee was performed. When returning to the burpee side, the athlete must use the area on the side opposite of the judge/box in their respective lane. If a no rep occurs, the same working athlete MUST restart the entire rep beginning with the burpee.

### **SYNCHRONIZED ALTERNATING SINGLE DUMBBELL DEVIL'S PRESS (ALL DIVISIONS)**

With one of the athletes hands on the dumbbell and the other hand on the floor, athletes will perform a burpee with their chests making contact on the floor. From here, the athletes will return to their feet, never taking their hands from the dumbbell and floor. A step out or jump out and back from the bottom of the burpee IS allowed. Next, athletes shall snatch or swing the dumbbell from the floor, and finish the arm holding the dumbbell fully locked out overhead. Athletes may "swing" the dumbbell between their legs, but not outside the legs, to help to build momentum to get the dumbbell overhead. A clean and jerk is not allowed. Athletes may not use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition. On the next rep, athletes MUST change which arm performs the next Devil's Press for the reps to be completed as alternating. Athletes may not receive any assistance in resetting the dumbbell. Athletes may NOT drop the dumbbell at any point of the lift unless safety is a concern. If the athlete deliberately drops the Dumbbell, a 10 rep penalty will be given on the final score.

### **SYNCHRONIZED ALTERNATING SINGLE DUMBBELL HANG CLUSTERS (ALL DIVISIONS)**

Athletes will deadlift the dumbbell off of the floor and the athletes must pause with the dumbbell at the hang position between the legs in a fully locked out standing position. From there, athletes will perform a hang squat clean, with the dumbbell contacting the shoulder, directly into a thruster. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position of the hang squat clean. Receiving the dumbbell in the bottom of the squat is not required. A power clean followed by a front squat will be permitted. The thruster portion of the movement must be completed in one fluid motion from the bottom of the squat. A hang squat clean followed by a jerk is not allowed. On the next rep, athletes MUST change which arm performs the next Cluster for the reps to be completed as alternating. When performing the next rep the dumbbell must pass through the hang position between the legs with a straight arm before doing the next cluster. Athletes may not receive any assistance in resetting the dumbbell. Athletes may NOT drop the dumbbell at any point of the lift unless safety is a concern. If the athlete deliberately drops the Dumbbell, a 10 rep penalty will be given on the final score.