

<p>“JACK & DIANE” 21-15-9 DEADLIFT (INCREASING WEIGHT PER SET) PARTNER HANDSTAND PUSH-UPS TIME CAP: 6:00</p>	<p><u>WEIGHTS/MOVEMENTS PER DIVISION</u> RX: BARBELL - (225/255/285; 155/185/205) PARTNER HANDSTAND PUSH-UPS RX MASTERS: BARBELL - (185/225/255; 125/155/185) PARTNER HANDSTAND PUSH-UPS INTERMEDIATE: BARBELL - (185/225/255; 125/155/185) PARTNER HANDSTAND PUSH-UPS W/ ABMAT NOVICE: BARBELL - (155/185/225; 115/135/155) PARTNER HAND RELEASE PUSH-UPS NOVICE MASTERS: BARBELL - (155/185/225; 115/135/155) PARTNER HAND RELEASE PUSH-UPS</p>
<p><u>FLOW</u> 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 21 Deadlifts at Weight #1. The Deadlift reps can be split up any way between partners. Once the Deadlifts are complete, both athletes will move to the wall/wall area and perform, for RX Divisions, 21 Partner Handstand Push-Ups, for Intermediate, 21 Partner Handstand Push-Ups with and AbMat, for Novice, 21 Partner Hand Release Push-Ups. Once the Push-Ups are complete both athletes will move back to the barbell and perform 15 Deadlifts at Weight #2. Once the Deadlifts are complete, both athletes will move to the wall/wall area and perform, for RX Divisions, 15 Partner Handstand Push-Ups, for Intermediate, 15 Partner Handstand Push-Ups with and AbMat, for Novice, 15 Partner Hand Release Push-Ups. Once the Push-Ups are complete both athletes will move back to the barbell and perform 9 Deadlifts at Weight #3. Once the Deadlifts are complete, both athletes will move to the wall/wall area and perform, for RX Divisions, 9 Partner Handstand Push-Ups, for Intermediate, 9 Partner Handstand Push-Ups with and AbMat, for Novice, 9 Partner Hand Release Push-Ups.</p> <p>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.</p>	
<p><u>GENERAL/EQUIPMENT STANDARDS</u></p> <ul style="list-style-type: none"> • The Deadlift reps can be split up any way between partners. • The Deadlift weights are increasing per set. Please refer to the table above. • For the Deadlifts, when the weight needs to be changed, athletes can change the weight at any time before the next set of Deadlifts begin. • The Deadlifts are performed facing the crowd. • For the Partner Handstand Push-Ups, both athletes MUST be inverted for the reps to be credited. The reps can be split up any way between partners. • For the Partner Hand Release Push-Ups, both athletes MUST be in a straight arm plank for the reps to be credited. The reps can be split up any way between partners. The Partner Hand Release Push-Up will be done in the same area where the Partner Handstand Push-Ups are done. Feet will be towards the wall. • THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN. 	
<p><u>MOVEMENT STANDARDS</u> <u>DEADLIFTS (ALL DIVISIONS)</u> The barbell starts on the ground. The athletes’ hands must be outside the knees. Sumo deadlifts are not allowed. The rep is credited when the athletes’ hips and knees reach full extension and the athletes’ head and shoulders are behind the bar. Receiving any assistance with the barbell is not permitted unless safety is an immediate concern. Athletes may NOT wear gymnastics grips during this workout.</p> <p><u>TEAM HANDSTAND PUSH UPS (RX & INTERMEDIATE)</u> Each rep begins with both athletes upside down on the wall with arms locked out, heels in contact with the wall, hips open, and hands plus fingers within the tape lines and fully on the mat provided. No part of the hands, including fingers, can touch the tape lines. Tape lines will be measured at 40” apart and mats will have a distance of 24” from the wall, bottom of palms must remain on the mat as well. Only the heels may be touching the wall at the start and finish of each rep. At the bottom, the head must make contact with the ground (or AbMat for Intermediate Division). The feet do not need to remain in contact with the wall for the duration of the movement, but the heels must be in contact with the wall at the beginning and end of each rep. Strict or Kipping is allowed. These reps can be split up any way between partners. The rep is credited only when both athletes are upside down on the wall and when the working athlete returns to the starting position.</p> <p><u>TEAM HAND RELEASE PUSH UPS (NOVICE)</u> These reps will be done at the wall with the feet towards the wall. The feet MUST be off of the wall. Each rep begins with both athletes in the plank position on the floor with arms and legs locked out, with the feet no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees. The chest (nipple line or above) must touch the floor. Then the hands must be lifted completely off the ground. These reps can be split up any way between partners. The rep is credited only when both athletes are in the plank position and when the working athlete returns to the starting position.</p>	