

"GIN & TONIC"

6 SETS OF:

BUY-IN: 17 WALLBALLS

THEN...

1 REP MAX SHOULDER-TO-OVERHEAD (FROM THE FLOOR)

*EACH ATHLETE WILL PERFORM 3 SETS, THE SETS WILL BE ALTERNATING FOR A TOTAL OF 6 SETS. ATHLETES WILL HAVE 1:20 TO COMPLETE THE BUY-IN PLUS THE LIFT. THERE WILL BE A :25 SECOND TRANSITION BETWEEN EACH ATHLETE. WORKOUT WILL BE 10:05 MINUTES TOTAL.

WEIGHTS/MOVEMENTS PER DIVISION

RX: MEDICINE BALL - 20LBS/14LBS TO 10FT/9FT TARGET

RX MASTERS: MEDICINE BALL - 20LBS/14LBS TO 10FT/9FT TARGET

INTERMEDIATE: MEDICINE BALL - 20LBS/14LBS TO 10FT/9FT TARGET

NOVICE: MEDICINE BALL - 14LBS/10LBS TO 10FT/9FT TARGET

NOVICE MASTERS: MEDICINE BALL - 14LBS/10LBS TO 10FT/9FT TARGET

FLOW

This workout begins with the first athlete standing tall in front of the Medicine Ball and the non-working athlete standing off to the side. At the call of 3,2,1, GO!... Athlete 1 will perform 17 Wallballs, Athlete 2 will remain behind the pull up bars. Once Athlete 1 completes the Wallballs, in the remaining time of the 1:20 interval, Athlete 1 will perform a MAX WEIGHT Shoulder-to-Overhead from the floor.

After the 1:20 interval, there will be a :25 transition time before Athlete 2's set.

At the next call of 3,2,1, GO!... Athlete 2 will perform 17 Wallballs, Athlete 1 will remain behind the pull up bars. Once Athlete 2 completes the Wallballs, in the remaining time of the 1:20 interval, Athlete 2 will perform a MAX WEIGHT Shoulder-to-Overhead from the floor.

This format will continue until both athletes have completed 3 sets each. Score is the combined heaviest completed Shoulder-to-Overhead of both athletes.

GENERAL/EQUIPMENT STANDARDS

- The minimum work requirement for each athlete is to complete the 17 Wallballs in the 1:20 work interval. If an athlete does not complete the 17 Wallballs in any of the 1:20 work intervals, that athlete's score will be ZERO for the ENTIRE event. Athletes may choose not to perform the Shoulder-to-Overhead for any of the work intervals, as long as the Wallballs are completed in that work interval; this will allow the athlete to maintain a score for the event.
- The barbell can be preloaded for the first attempt.
- Barbell clips must be used.
- Each athlete MUST declare the weight being attempted.
- Once you declare your weight, that weight cannot be lowered during the interval. If needed, athletes are permitted to lower the weight in the next interval. There will be a total of 225lbs in each lane. If you require more weight, please inform us during your athlete corral. Weights provided will be... (2 x 45lbs) (2 x 25lbs) (2 x 15lbs) (4 x 10lbs) (2 x 5lbs) (2 x 2.5lbs)
- The bar and athlete must be in front of the lifting line during the lift. If any part of the barbell and/or athlete crosses the line the attempt will be considered over and you can attempt the lift from the beginning if time permits.
- The lift must be finished within the 1:20 interval. This means, the Shoulder-to-Overhead must be completed and the athlete returned to a fully controlled locked out standing position at 1:19 or earlier.
- Athletes MUST wait for the judge to give a visual or verbal cue that the rep is a good rep, only then can an athlete drop the bar.
- The non-lifting athlete MUST stay behind the pull up bar while the other athlete is lifting.
- Both may athletes may work together to change the weights during the :25 transition time. However, after the working athlete completes the 17 Wallballs, if the working athlete decides to add more weight to the barbell, only the athlete lifting may do so. There will be no assistance from the other teammate.
- All remaining weights left on the floor must be behind the lifting line and within your own lane. If any weight is left on the floor in another lane or in the lifting area, you must place everything back before the athlete lifts.
- If an athlete fails the Shoulder-to-Overhead and attempts to re-rack the failed rep, the athlete can redo the Shoulder-to-Overhead but the barbell must come to a complete stop with the athlete in a fully stood up and locked put position before beginning the next attempt. If an athlete fails an attempt and the bar drops to the floor, the athlete may reattempt the Shoulder-to-Overhead if time permits.
- Athletes may NOT wear gymnastics grips or weightlifting straps during this event.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS**WALLBALLS (ALL DIVISIONS)**

At the start of each rep, the ball must be in the support position in front of the body. Squat until the hip crease is below the knee. A squat clean to start the set is allowed but not required as long as the ball starts on the ground. Men will throw to a 10 foot target. Women will throw to a 9 foot target. The rep is credited when the center of the ball hits the target at or above the specified height. If the ball hits low or does not hit the wall, the rep will not count. If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

SHOULDER-TO-OVERHEAD (ALL DIVISIONS)

Since this rep will come from the floor, you may Muscle Clean, Power Clean, Squat Clean, Split Clean, Hang Power Clean or Hang Squat Clean to get the bar to the shoulders. Before starting the Shoulder-to-Overhead, the barbell must come to a complete stop on the shoulders and the body in a full standing position with the hips and knees fully extended and locked out. The rep will now begin with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.