

## Event 5 “Push”

The athletes will have a 20 minute time cap to complete the workout.

Weights and movements will vary depending on divisions.

When movements are written as “SPLIT” it means that the movements can be split unequally – even if that means one athlete does 0reps.

**\*Dropping barbells with less than 25LBS plates will result in a penalty (this applies to Ladies’ in REC Barbell)**

### Row



This chipper starts out with a **400 meter Row**

- Athletes can start sitting on the rower and foot cradles, but hands must remain off the handle until GO!
- The 400 meters can be divided however the teams choose.
- The athlete on the rower nearing the 0m mark, **must** remain on the seat of rower until the screen reads 0m. The lane judge will signal when the 400m has been completed.

### Shoulder to Overhead



**16 Shoulder to Overhead** movements follow the 400 meter row. This movement is performed **synchro** by all divisions **except** recreational where this movement will be split up between the partners

- Each rep begins 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.**
- The rep is counted once **both** partners have met the lock out standards at the **same time**
- If one partner is quicker to lock out, they must wait in the locked out position for their partner to lock out before moving on to the next rep
- Failure to be locked out together at the same time will result in a no- rep by your lane judge

### Run



Once you have completed your 16 Shoulder to Overhead as per division standards, you and your partner will run along the track to your assigned spot at the north wall. The North Wall is the concrete section below the “KAMLOOPS” sign. The Rower/Barbells will be lined up on the West part of the track on the straightaways. This loop is in place to ensure an exact equal distance is travelled by each lane to the wall and back to the rower/barbell.

### Burpee Box Jumps Overs.



Example of 1 good BBJO rep 😊

Once **both** partners have made it into their assigned lanes, the team can start on their **32 burpee box jump overs (BBJOs)**

- The work can be divide however by the team members as long as 32 reps are completed
- Box height varies on division
- The burpee box jump-over starts with the athlete on one side the box laying touching their chest and thighs to the ground. You can lay perpendicular or parallel to the box, regardless your body must remain inside your lane)
- Any type of jumping or stepping on the box is allowed, but **ONLY** the athlete’s feet may touch the box and **Both feet must make contact** with the top of the box
- The athlete may either jump down or step off to the other side.
- Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

### Run back to platform



Once your team completes the 32 BBJO, follow the directions and run back to your lifting platform. A new barbell movement awaits you

## Snatches



## Clean



## Row



Upon returning from the run, all divisions will perform **16 synchro snatches** with the exception of the **recreational division** that will perform **16 total Cleans**.

- For the snatch, the athlete must bring the bar from the ground to the overhead position in one smooth motion.
- At the top, **the arms, hips and knees must be fully locked out with the bar directly over the middle of the athlete's body and the feet in line under the body.**
- No part of the body other than the feet may touch the ground during the execution of the lift.
- A muscle snatch, power snatch, squat snatch or split snatch may be used.
- This is NOT a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead, is a no rep.

### **Recreational Division Cleans**

- Teams do a total of 16 cleans.
- During the clean, the barbell begins on the ground and must be lifted from the ground to the shoulders in one motion.
- A muscle clean, power clean, or squat clean may be used
- The rep is completed when the barbell is up to the **shoulders**, the **hips and knees fully extended** and the **elbows in front** of the bar

Once again, time to get back on that rower and row **400m**.  
See above for movement standards

## Front Squat



After your 400 meter row it is back to the barbell. All divisions will perform **16 synchro front squats**. Recreation division is completing this movement but will not be synchro, they will have one athlete going at a time for a combined total of 16 reps.

- You may squat clean first rep
- Both athletes must meet **full depth and lock out** (at the same time) for the rep to count
- At the bottom of the squat, the hip crease must pass below the knees.
- At the top, the hips and knees must be fully extended.
- If one partner is faster hitting depth and locking out at the top, they must wait in their locked out position for their partner to lock out to complete a good rep.

## Run



Time to Run back to the North Wall  
Here you will meet you next body weight challenge

### Strict Hand Stand Push- Ups



### Hand Stand Push Up to ab mat



### Kipping Hand Stand Push Up



### Hand Release Push Ups



At the North wall, teams will complete a total of **32 reps of some sort of Handstand push up or push up movement**. This does not need to be split equally.

#### Competitive Division:

Total of 32 **Strict** Hand Stand Push Ups to **flat surface**. **A flat foam mat with a taped line will be provided.**

- Movement starts with arms locked out, and heels on the wall
- Athletes head must touch the ground and then end fully locked out with heels back to the wall for a good rep
- They must be strict. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.
- The athlete must perform the handstand push-ups with both hands touching a tape line that is 10 inches from the wall. This tape line will be 30 inches long and no wider than 2 inches.

#### Competitive Masters:

Total of 32 **Strict** Hand Stand Push Ups to 1 HSPU Mat

- Movement starts with arms locked out, and heels on the wall
- Athletes head must touch the ab mat and then end fully locked out with heels back on the wall for a good rep
- They must be strict. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition
- The athlete must perform the handstand push-ups with both hands touching a tape line that is 10 inches from the wall. This tape line will be 30 inches long and no wider than 2 inches.

#### Intermediate & Intermediate Masters:

Total of 32 Hand Stand Push- Ups to 1 HSPU Mat

- Movement starts with arms locked out, and heels on the wall
- Athletes head must touch the ab mat and then end fully locked out with heels back on the wall for a good rep
- Kipping or Strict is allowed
- If kipping, the feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- The athlete must perform the handstand push-ups with both hands touching a tape line that is 10 inches from the wall. This tape line will be 30 inches long and no wider than 2 inches.

#### Recreational:

Total of 32 Hand Release Push Ups

- Starting position and ending position requires elbows to be locked out with the feet no wider than shoulder width
- No pushing up from knees
- The chest (nipple line or above) must touch the floor.
- At the bottom the hands must be lifted completely off the ground

## RUN



Head back to the platform along the running track to your lane. Here you will begin your last barbell movements

## OH Lunges



## Front Rack Lunges



The final movements will be 16 OH lunges, or 16 synchro front rack lunges depending on division

### Competitive, Competitive Masters & Intermediate:

16 Synchro OH Lunges

- Overhead lunge begins with athlete getting weight overhead, standing tall with feet side by side
- Lunge steps **MUST** be reverse lunges. Step back and knee must clearly come in contact with the ground
- Rep counts with weight still overhead the athlete is standing tall with hips, knees fully extended and both feet directly under the athlete.
- If one athlete is quicker to complete their lung rep, they can wait at the top of their lock out for their partner to get to their lock out positions
- Synchro rep is counted once both athletes are locked out at the same time with standards as above.

### Intermediate Masters (IM) & Recreation:

- IM performs 16 front rack lunges synchro while recreation performs 16 SPLIT
- Front rack lunge begins with weight racked on shoulders, feet together and athletes standing tall
- Lunge steps **MUST** be reverse lunges. Step back and knee must clearly come in contact with the ground
- The rep ends with athlete standing tall, hips, knees fully extended and both feet under athlete
- If one athlete is quicker to complete their lung rep, they can wait at the top of their lock out for their partner to get to their lock out positions
- Synchro rep is counted once both athletes are locked out at the same time with standards as above.

## Row



After the OH /front rack lunges teams are in the home stretch. Hop on and row 400m to the finish line. As soon as the rower hits 0m the workout is completed. Athlete must remain seated on rower until it hits 0m.