

SECRET SEVENTH

Rx/Advanced



AMRAP

Within 2 Minutes:

Complete 24 Single-Arm Dumbbell Snatches as quickly as possible.

Female/Male - 15kg/22.5kg

In the remaining time:

Complete as many pistol squats on the balance-beam as possible

*6 Rounds rotating through the team each round. The score is the total number of pistol squats from the team.

12 minute AMRAP



Demonstration Walk Through



Tom



Bill



Harry

All 3 team members must be standing behind the start line.

On 3, 2, 1, Go....



Tom

Tom will cross the start line and make his way across the balancing beam. Stepping on from behind the beam (not from a side), Tom must cross the beam without touching the floor until he passes over the floor marking.

Once across the beam and over the floor marking, Tom will make his way to the dumbbell and complete 24 single arm dumbbell snatches. The snatches must be alternated from left hand to right hand with each repetition, and at least one face of the dumbbell should make contact with the floor for each to be counted.

The arm must extend fully overhead at the top of the lift. Any bend in the arm will not be counted and a "no rep." called.

Once Tom has completed all 24 snatches, he will approach the balancing beam from whichever side suits him and attempt to complete as many pistol squats as he can within the remaining time of his 2 minutes.

The Pistol Squats AMRAP:



Tom

For any repetition to be scored Tom must hit at least a parallel squat (bent leg to beam) at the bottom of the movement, and then fully extend the leg at the top of the squat without falling from the beam. If balance is lost moments after the leg is fully extended, then the judge will consider if there was control at the top of the squat before applying a score or not.

Tom can step up and down as many times as he wishes between squats.

Once the two minutes have passed, Tom will sprint to the finish/start line and tag **Bill**. The judge will note this score for round 1 (of 6).



Bill

Once Tom has completed his first two minutes, he will sprint across the finish line and tag Bill.

Bill will then repeat the exact same routine as Tom did in the previous two minutes.

Following his two minutes, **Bill** will sprint across the finish/start line and tag **Harry**.



Harry

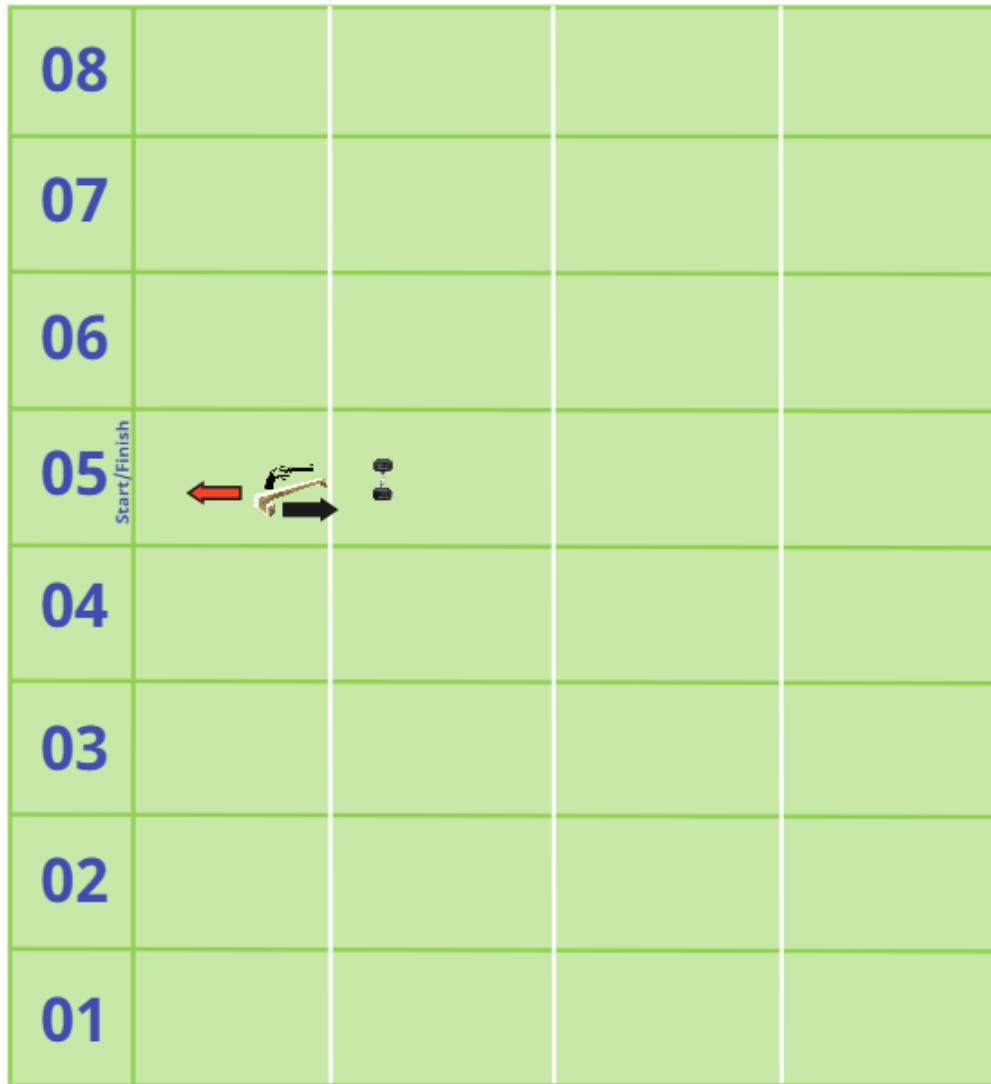
Harry will repeat the same as Tom and Bill.

Following **Harry's** two minutes he will cross the finish/start line and tag **Tom** to repeat the cycle one more time.

Each member of the team will complete two rounds

One of the team will be responsible to confirming the score and signing the score sheet from the judge.

Typical Lane Set-Up



Not to Scale

Key

- Single Arm Dumbbell (Snatches)
- Wooden Beam/Pole
- Marking to pass across before setting foot on ground
- Pistols Squat on Beam
- Direction over beam
- Return to tag partner

Tiebreaker Ruling

No Tiebreaker for this event