

## **EVENTS**

### **EVENT 1: CLEAR IT DON'T FEAR IT**

Each team will have 4:00 to accumulate as many burpee box jump-overs as possible. Athlete 1 will perform the first 2:00, and Athlete 2 will perform the second 2:00. The final score will be total burpees accumulated by both team members combined.

### **EVENT 2: CLEANS ON CLEANS**

Each team will have 4:00 to accumulate as many cleans as possible. Athlete 1 will perform the first 2:00, and Athlete 2 will perform the second 2:00. Each athlete can choose any weight to have on the bar during his or her 2:00 window. Athlete 1 will have already preset the barbell with their desired weight when transitioning from the Event 1. There will be a 1:00 rest between teammates where Athlete 2 can change the weight to their desired weight. Both athletes can load or change the weight during the transition times. There will ONLY be 2 of each of the following plates available for each team: 45lb, 25lb, 15lb, 10lb, 5lb, and 2.5lb. Clips MUST always be on the bar for a clean to count as a rep.

Each athlete's score will be the weight on the bar multiplied by the amount of reps they perform. The final score will be total weight lifted by both team members combined. For example, Athlete 1 performs 20 cleans at 100lbs, they have a total weight lifted of 2,000lb. Athlete 2 performs 15 cleans at 90lbs, they have a total weight lifted of 1,350lb. The team total is 3,350lb lifted.

### **EVENT 3: TOUR DE MISSION**

Each team will have 4:00 to accumulate as many calories on the Air Assault Bike as possible. Athlete 1 will perform the first 2:00, and Athlete 2 will perform the second 2:00. The final score will be total calories accumulated by both team members combined.