

MOVEMENT STANDARDS

BURPEE BOX JUMP-OVER: The burpee box jump-over starts with the athlete on one side the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. There is no requirement to stand tall while on top of the box. A two-foot take off or stepping up is allowed, and only the athlete's feet may touch the box. If the athlete chooses to jump on top of the box they must use a two-foot take off, but does not have to use a two-foot landing. Once both feet have made contact with the top of the box, the athlete may either jump down or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

CLEAN: This is a standard barbell clean in which the barbell moves from the ground and finishes with the athlete standing with the barbell on the shoulder. The barbell can be received in the squat, power or split position, but the feet must return to a side-by-side position for the repetition to count. A power clean followed by a front squat will be permitted. At the top, the elbows must be clearly in front of the bar with the hips and knees fully extended and the feet in line. If an empty barbell or a barbell with less than 55lb (women) or 65lb (men) is used, then the barbell only needs to pass the bottom of the knee cap, not touch the ground.

ASSAULT AIR BIKE: The monitor will be set at zero for athlete 1. Athlete 1 has 2:00 to accumulate as many calories as possible before moving off the equipment. The athlete can adjust the seat at any time, but may not touch the monitor. Athlete 1 will transition off the bike at the 2:00 mark, then and only then will Athlete 2 begin their 2:00 window. They cannot adjust the seat until their 2:00 window has begun, at which point they can begin peddling to accumulate as many calories as they can until the 4:00 mark. Athlete 2's calories will start where Athlete 1's ended.