

SOUTHERN   WARRIORS

# EVENT 5

5<sup>TH</sup> SEPTEMBER

ONE  
HUNDRED  
FIFTY



HEALTH  
PERFORMANCE  
PROGRAM

TEAM

# LOCATION

## FIELD A



# EVENT 5

**36 THRUSTER (I GO YOU GO EVERY 6 REPS)  
36 TOES TO BAR SYNCHRO  
2 ROPE CLIMB LEGLESS (I GO YOU GO - 1 + 1)**

**24 THRUSTER (I GO YOU GO EVERY 6 REPS)  
24 TOES TO BAR SYNCHRO  
2 ROPE CLIMB LEGLESS (I GO YOU GO - 1 + 1)**

**12 THRUSTER (I GO YOU GO EVERY 6 REPS)  
12 TOES TO BAR SYNCHRO  
2 ROPE CLIMB LEGLESS (I GO YOU GO - 1 + 1)**

**RUN TO THE FINISH LINE**



**TIME CAP: 15 MIN**

**SCORE IS TIME**

# EVENT 5

<b>TEAM</b>	<b>THRUSTER</b>	<b>TOES TO BAR</b>	<b>ROPE CLIMB</b>
<b>M/M</b>	<b>60 KG</b>	<b>√</b>	<b>LEGLESS</b>
<b>M/F</b>	<b>60/40 KG</b>	<b>√</b>	<b>LEGLESS</b>
<b>F/F</b>	<b>40 KG</b>	<b>√</b>	<b>REGULAR</b>



# FLOW

**ATHLETES WILL WAIT AT THE STARTING LINE. AT THE CALL OF "3,2,1 ..GO" ATHLETE A MOVES TO THE BAR AND COMPLETE 6 REPS OF THRUSTER. HE/SHE WILL THE RETURN TO THE RIG AND ATHLETE B MOVES TO THE BAR AND COMPLETE 6 REPS OF THRUSTERS. ATHLETES WILL CONTINUE IN THIS WAY UNTIL THEY HAVE REACHED 36 REPETITIONS. THEY WILL THEN GO TO THE RIG TO PERFORM 36 TOES TO BAR SYNCHRO FOLLOWED BY 2 ROPE CLIMB PERFORMED "I GO YOU GO" MODE.**

**A TEAM MEMBER, NO MATTER WHICH, WILL THEN MOVE THE CHESS PIECE AND MOVES TO THE BARBELL TO PERFORM 6 REPS OF THRUSTERS. HE/SHE WILL THEN TAG HIS/HER TEAMMATE WHO WILL PERFORM ANOTHER 6 REPS OF THRUSTERS.ATHLETES WILL CONTINUE IN THIS WAY UNTIL THEY HAVE REACHED 24 REPETITIONS.**

**THEY WILL THEN GO TO THE RIG TO PERFORM 24 TOES TO BAR SYNCHRO FOLLOWED BY 2 ROPE CLIMB PERFORMED "I GO YOU GO" MODE.**



# FLOW

**A TEAM MEMBER, NO MATTER WHICH, WILL THEN MOVE THE CHESS PIECE AND MOVES TO THE BARBELL TO PERFORM 6 REPS OF THRUSTERS. HE/SHE WILL THEN TAG HIS/HER TEAMMATE WHO WILL PERFORM ANOTHER 6 REPS OF THRUSTERS. THEY WILL THEN GO TO THE RIG TO PERFORM 12 TOES TO BAR SYNCHRO FOLLOWED BY 2 ROPE CLIMB PERFORMED "I GO YOU GO" MODE.**

**THE TEAM WILL THEN SPRINT TO THE FINISH LINE WHERE THE TIME WILL BE TAKEN.**



# STANDARD

## THRUSTER

**EACH SET OF THRUSTERS BEGINS WITH THE BARBELL ON THE GROUND. THE ATHLETE MUST MOVE THE BARBELL FROM THE BOTTOM OF A FRONT SQUAT TO TO FULL LOCKOUT OVERHEAD. A FULL SQUAT CLEAN INTO A THRUSTERS IS ALLOWED WHEN THE BARBELL IS TAKEN FROM THE GROUND. THE ATHLETE'S HIP CREASE MUST CLEARLY PASS BELOW THE TOP OF THE KNEES WHEN IN BOTTOM POSITION. THE REP IS CREDITED WHEN: THE ATHLETE HAS THE BARBELL LOCKED OUT OVERHEAD WITH HIPS, KNEES AND ARMS FULLY EXTENDED AND THE BARBELL IS DIRECTLY OVER THE MIDDLE OF ATHLETE'S BODY.**

**THE ATHLETE MUST CONTINUE PRESSING THE WEIGHT UP UNTIL LOCKOUT. RE-DIPPING DURING THE PRESS (I.E. PERFORMING A JERK) WILL RESULT IN A NO REP.**



# STANDARD

## TOES TO BAR

**ATHLETES BEGIN BY HANGING FROM THE PULL-UP BAR WITH ARMS EXTENDED.**

**THE HEELS MUST BE BROUGHT BACK BEHIND THE BAR AT EACH REP. THE REP IS CREDITED WHEN BOTH FEET CONTACT THE BAR BETWEEN THE HANDS AT THE SAME TIME.**

**SYNCHRO: THE ATHLETES MUST TOUCH THE BAR AT THE SAME TIME.**



# STANDARD

## ROPE CLIMB

**THE ATHLETE WILL HAVE TO CLIMB THE ROPE GOING TO TOUCH THE CROSSBEAM.**

**IF THE ROPE CLIMB IS STATED AS LEGLESS, ATHLETES CANNOT USE THEIR LEGS TO ASSIST WITH THE ASCENT.**

**ONLY AFTER THE ATHLETE HAS CLEARLY MADE THE TOUCH AT THE TOP OF THE CLIMB, HE/SHE MUST FIRST RETURN BOTH HANDS TO THE ROPE AND THEN MAY USE THEIR LEGS TO DESCEND THE ROPE.**

