



**FIELD C**

***BODYWEIGHT***

**SOUTHERN**

**WARRIORS**

**2 0 2 2**

**EXPERIENCE**

**KICK ASS**



**EVENT**

***BODYWEIGHT***

**TIME CAP: 7 MIN**

9/6 CHEST TO BAR

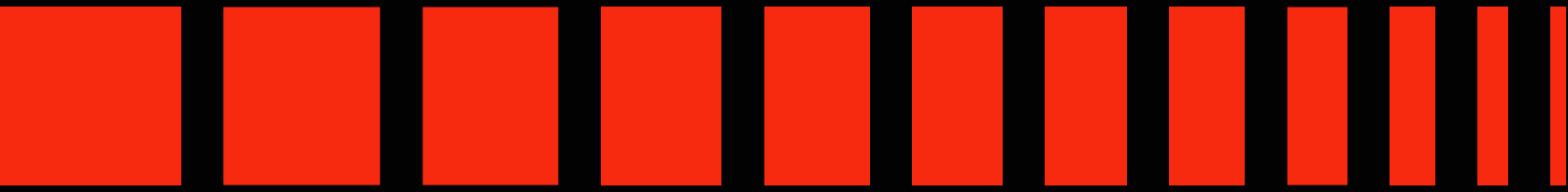
30 MT OVERHEAD WALKING LUNGES (PLATE 20/10 KG)

30 BURPEES JUMP ON THE PLATE

30 MT OVERHEAD WALKING LUNGES

9/6 CHEST TO BAR

**SCORE IS TIME**



# FLOW

- At “3,2,1...GO!” the athlete performs 9 chest to bar.
- Then he moves to the first section, and with the plate in overhead he performs 30 mt overhead walking lunges till he arrives in the last section. here he performs 30 burpees jumping over the plate. he picks up the plate and returns to the rig in overhead walking lunges.
- Once he is arrived at the first section, he goes to the rig for the last 9 reps of chest to bar.
- He runs to the finish line for the time.



# STANDARD

## CHEST TO BAR

The athlete starts in hanging position with straight arms and feet off the ground. In top position the chest must clearly touch the bar.

## BURPEE JUMPING OVER THE PLATE

The athlete jumps or steps back to lie on the ground. The athlete's head must be not over the plate. The chest and thighs must touch the ground at the bottom. The athlete must jump over the plate. stepping over is not allowed.



# STANDARD

## OVERHEAD WALKING LUNGES WITH PLATE

Each lunge begins with the plate in overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted.

At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the plate must be above the height of the athlete's head. If, during the lunge, either head of the plate comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. The rep is credited when the athlete gets both heels across the line, has the plate in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last section successfully completed.