



Event 1

17:00 PT, Wed., Sept. 19, through 17:00 PT, Mon., Sept. 24, 2018

FITAID®

Rx'd Workout

Complete as many reps as possible in 7 minutes of:
Synchronized bar-facing burpees

Time cap: 7 minutes

Tiebreak: None

Scaled Workout

Complete as many reps as possible in 7 minutes of:
Synchronized bar-facing burpees
(stepping allowed)

Time cap: 7 minutes

Tiebreak: None

Equipment

- Barbell
- Standard bumper plates (18-in. diameter) to achieve proper barbell height
- Collars

For each workout, be sure the athletes have adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

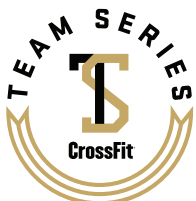
Description

Prior to starting the workout, both athletes will need to create a long straight line on the floor and place their barbells perpendicular to and on the center of their lines. The workout begins with the barbells resting on the floor and the athletes standing tall. After the call of "3, 2, 1... go!" the athletes will begin the bar-facing burpees, with both athletes' chests touching the floor at the same time. The workout ends once the clock reaches the 7-minute mark.

Every rep counts in this workout. The team's score will be the total number of synchronized bar-facing burpees completed before the time cap. Each synchronized burpee will count as 1 completed rep.

Video Submission Standards

Teams opting to have their score validated by video submission are still required to use an on-site judge. Prior to starting, film the barbells to be used so the plates can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. The team's judge and a clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



Movement Standards

Synchronized Bar-Facing Burpee



Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom. To ensure the athletes remain perpendicular to the barbell on each rep, the center of each athlete's chest must be on the line, and the feet and hands must be straddling the line. Both athletes' chests must be on the floor at the same time for the rep to count.

In the Rx'd division, stepping backward or forward is not permitted. Each athlete's feet must jump back when getting down on the floor and jump forward when standing up. In the scaled division, stepping backward and forward will be permitted.



The athletes must jump over the barbell from both feet and land on both feet to complete the rep. Single-footed jumping or stepping over is not permitted in the Rx'd division.

In the scaled division, stepping over the barbell will be permitted.



The next rep will begin on the opposite side, facing the barbell.

Synchronized Bar-Facing Burpee Step Back & Forward (Scaled only)



Athletes in the scaled division will be allowed to step backward and forward in the burpee.



Athletes in the scaled division will be allowed to step over the bar.



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Tiebreak: None

Scaled Workout

Complete as many reps as possible in 7 minutes of:

Synchronized bar-facing burpees (stepping allowed)

Scorecard

Rx'd

Scaled

Burpees	
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Total Reps

Team Name _____
Print

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents our team's performance for this event _____
Team Captain Signature Date

Affiliate Copy

Team Copy

Rx'd

Scaled

Team Name _____
Print

Total Reps _____

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents the team's performance for this event _____
Judge Signature Date