



## Event 1

17:00 PT Wed., Sept. 20 through 17:00 PT Mon., Sept. 25, 2017

**FITAID**<sup>®</sup>

### Rx'd Workout

9-15-21 reps for time of:  
Synchronized thrusters  
Synchronized bar-facing burpees

*Men use 95-lb. barbell*  
*Women use 65-lb. barbell*

Time cap: None

### Scaled Workout

9-15-21 reps for time of:  
Synchronized thrusters  
Synchronized bar-facing burpees

*Men use 65-lb. barbell*  
*Women use 45-lb. barbell*

Time cap: None  
Tiebreak: None

### Equipment

- Barbell
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your team's division.
- 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.

\*\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.) and 20 kg (45 lb.).

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.

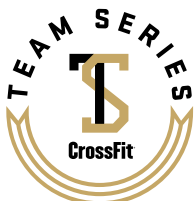
### Notes

Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their barbell on the center of that line. This workout begins with the barbells resting on the floor and the athletes standing tall. At the call of "3, 2, 1... go!" the athletes will reach down and begin the synchronized thrusters, with both athletes in the bottom of the squat at the same time. Once 9 reps are complete, they will perform 9 synchronized bar-facing burpees, with both athletes' chests touching the floor at the same time. They will then perform 15 thrusters, 15 burpees, 21 thrusters and 21 burpees in the same fashion. This workout ends when the last athlete's feet land on the ground after jumping the barbell on the final rep.

Every second counts in this workout. The team's score will be the time it takes to complete all 90 repetitions. Time will be recorded in full seconds. Do not round up. If the athletes finish in 10:32.7, their score is 10:32. There is no time cap.

### Video Submission Standards

Prior to starting, film the barbell(s) to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. 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 Thruster



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. Both athletes must be in the bottom of the squat at the same time for the rep to count. Using a ball, box or other object to check for proper depth is not allowed.



The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

#### Synchronized Bar-Facing Burpee



Each burpee must be performed perpendicular to and facing the barbell. The athletes' heads cannot be over the barbell. The chest and thighs touch the ground at the bottom. In the bottom position, 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.



The athletes must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. If standard-sized bumper plates are not used on the thruster barbell, a separate barbell loaded with standard bumper plates must be set up for the athletes to jump over during the burpees.



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



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**Scorecard**

Rx'd  Scaled

Reps	Thrusters	Burpees
<b>9</b>	9	18
<b>15</b>	33	48
<b>21</b>	69	90

**Final Time** \_\_\_\_\_

**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

**Final Time** \_\_\_\_\_

**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