

# EVENT 2



# CLASSIC FINAL INDIVIDUAL

## "FIGHT CLUB"

### 3 rounds 3 min on: 1 min off

21 handstand push-ups

21 axle bar deadlifts 110/75 kg

max reps burpee box jump overs 24/20<sup>inch</sup>

## DIVISION SCALING WEIGHTS AND MEASUREMENTS

### RX + BENELUX + 35-39

All movements as prescribed

Weight 110/75 kg

Height 24/20 inch

### 40-44 + 45-49 + 16-17

Gymnastics volume reduction: 15 handstand push-ups

Weight 90/65 kg

Height 24/20 inch

### 50+

Gymnastics volume reduction: 9 handstand push-ups

Weight 80/60 kg

Height 24/20 inch → stepping is allowed

## NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will start in a 3 minute interval by moving towards the wall for 21 handstand push-ups followed by 21 axle bar deadlifts. With the remainder of the 3 minutes, the athlete will perform as many burpee box jump overs as possible, moving the box forward each 12 repetitions. Upon completion of the first interval there is a 1-minute break which has the athlete move back to the starting mat. This sequence repeats itself for a total of 3 rounds. The athlete's score is the sum of the amount of repetitions completed over the course of all three intervals.

## VIEWING REMARKS

The starting mat is located close to the rig. For the handstand push-ups a wall in the rig is used. The axle bar has a fixed spot for the entire set of 21 repetitions and this is right in front of the rig. The lane is used to the burpee box jumps overs facing the box, with the box moving forward each 12 repetitions. This allows both the athletes and audience to understand the race and its standings. There are 6 spots for BBJO, which makes the lane: 12-24-36-48-60-72