

EVENT 2: GORUCK ME SOFTLY**FITNESS****FOR TIME (TIME CAP 13 MINUTES)**

21 Synchro Double Dumbbell Front Squat (2 athletes)

21 Synchro Double Dumbbell Burpee Box Step Ups (2 athletes)

21 Synchro Jumping Pull Ups (2 athletes)

15 Synchro Double Dumbbell Front Squat (2 athletes)

15 Synchro Double Dumbbell Burpee Box Step Ups (2 athletes)

15 Synchro Pull Ups (2 athletes)

9 Synchro Double Dumbbell Front Squat (2 athletes)

9 Synchro Double Dumbbell Burpee Box Step Ups (2 athletes)

9 Synchro Pull Ups (2 athletes)

FITNESS

Dumbbells: 15 kg – 10 kg

NOTES & FAQ:

- Each Round is performed in pairs , teams can decide whether is MM FF or FM.
- Each team will be provided with 1 pair of DBs per weight. Athletes can choose to use accordingly. For instance on a FF pair one female will need to use the heavier set of DBs. Within the round , the 2 athletes can interchange the pair of DBs.
- Equally on a FM pair teams can decide which member use which weight
- For the Boxes, male must use 24 inches, female 20 inches.
- Only the pair working can modify the height of the box.
- The 2 members non working at the time must stay behind the starting line and cannot enter the area or help with the DBs, Boxes or any other item
- Pairs must complete the full round before they can switch. For instance they must complete the 21 reps of the DB movement and gymnastic before switching to another pair. If they cannot complete the next pair must start the round from the beginning.

Pull Ups



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Synchronization is on the finished position with chin above the pull up bar.



- The rep is credited when both athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk will be provided

Chest To Bar



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.



- The rep is credited when both athlete's chest clearly comes into contact with the bar at or below the collarbone at the same time. Athletes performing butterfly reps must clearly comply with this requirement.
- Wrapping tape around the pull-up bar is not permitted
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted
- Chalk is provided



- Each Rep starts with the athlete standing with both dumbbells in hands
- Athlete must perform first a burpee descending till both sides of both dumbbells and the chest of the athlete touch the floor at the same time.
- In each Dumbbell Box Step Up both feet must clearly touch the top surface of the Box for the repetition to count. If the Athlete should receive a “no rep” in a Dumbbell Box Step Over the Athlete can simply continue and the next correctly executed repetition will count, regardless of which direction the repetition is performed from.
- Athlete may not let the Dumbbells touch the Box at any point during a repetition, or that will be deemed as a “no rep”.
- If the Athlete chooses to take a break the Dumbbells must rest on the floor. Athlete may not drop Dumbbells at any point but must place them safely on the floor, if failing to do so the athlete will be called back to pick Dumbbells up again and walk them past the last finished line and then over the same again.
- Synchronization of the movement is **on top of the box**
- Full extension of knees and hips of top of the box is required
- Athletes CANNOT jump down the box.
- Dumbbells must be placed on the floor in the last rep. Throwing the dumbbells to the floor will be deemed as a No Rep.

Jumping Pull Ups



- The bar must clearly above the head when the athlete is standing tall
- .Provided risers may be used to decrease the distance between the top of the head and the bar, as long as the head remains clearly below the pull up bar when standing tall.
- At the start of each rep, lower until the arms are fully extended.
- The rep is credited when the chin clearly breaks the horizontal plane of the bar
- Synchronization is on top of the movement. Both Athletes must have the chin over bar at the same time.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Jumping pull-up: Not breaking the horizontal plane of the pull-up bar with the chin.

FUELLED BY



QUALIFYING EVENT



SCORE FITNESS

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	Font squats	Step Overs	Gymnastics	TIE BREAK
ROUND 1	21	42	63	
ROUND 2	78	93	108	
ROUND 3	117	126	35	
TIME IF COMPLETED:				
NUMBER OF REPS IF TIME CAP:				

TEAM NAME: _____ CAT: _____ TIME : _____

NUMBER OF REPS (IF TIME CAP): _____

TIE BREAK _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 2

TEAM NAME: _____ CAT: _____ TIME: _____
REPS IF TIME CAP: _____ / TIE BREAK: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____