

PRE WORKOUT: BOTTOMS UP

FITNESS:

AMRAP (7 MIN TIME CAP)

2-4-6-8...

Synchronized Burpees over Dumbbell (all 4)

Synchronized Dumbbell Snatches (all 4)

FITNESS

15 kg -15 kg – 10 kg – 10 kg

NOTES:

- Workout Starts with all 4 athletes standing in front of the dumbbells
- After the Countdown all 4 athletes commence with the first round of synchronized burpees over the dumbbell
- Once the burpees are completed the athletes move to the next movement.
- Every team must complete as many rounds as possible during the 7 min time cap adding 2 more reps each new round.
- All movements must be synchronized between all 4 athletes
- Each athlete can use any of the 4 dumbbells and change the weight after each successful rep.

VIDEO SUBMISSION

- A video Submission is required for the workout.
- Video Submission must follow CrossFit Games Standards:
- All 4 athletes must be in frame at all times
- Timmer must be clearly visible.
- Video should be done in a single take and shall showcase the equipment used.
- Angle of the filming shall allow to visualized clearly each rep
- Videos are to be uploaded to any platform video sharing of your choice. Video link can be submitted alongside with the score to support@urbanthrowdown.com , stating the name of the team and the category

DUMBBELL SNATCHES

REQUIREMENTS



1



2



3

1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with, or behind, the body when viewed from the side
 - All 4 athletes synchronized at the top of the rep.

COMMON NO REPS

NOTE: This list is not exhaustive.



Placing the non-working hand/ arm on the thigh or anywhere on the body.



Touching only one head of the dumbbell to the ground or not touching the ground at all.



Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



Finishing with the dumbbell in front of the body.

BURPEES OVER THE DUMBBELL

REQUIREMENTS



1



2



3



4



5

1. Start on one side of the Dumbbell
2. The chest and thighs must touch the floor at the bottom of each rep.
3. Return to both feet with the hands off the floor.
 - Synchronization is at the bottom of the burpee
 - A two-foot take-off or landing is **NOT** required.
4. After last burpees all athletes need to jump to the other side of the DB
5. All Athletes must face the same direction.

COMMON MISTAKES



Chest and/or thighs not touching the ground.



Stepping on or off the DB



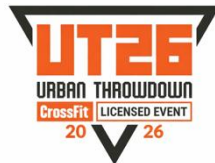
Jumping or passing in front of or behind the DB instead of over it.

NOTE: If a no-rep is given for any reason, the entire burpee must be repeated and may be started on either side.

FUELLED BY



QUALIFYING EVENT



SCORE CARD: FITNESS

PRE WORKOUT: BOTTOMS UP

FITNESS:

AMRAP (7 MIN TIME CAP)

2-4-6-8...

Synchronized Burpees over Dumbbell (all 4)

Synchronized Dumbbell Snatches (all 4)

2 SYNCHRO BURPEES	2
2 SYNCHRO DB SNATCHES	4
4 SYNCHRO BURPEES	8
4 SYNCHRO DB SNATCHES	12
6 SYNCHRO BURPEES	18
6 SYNCHRO DB SNATCHES	24
8 SYNCHRO BURPEES	32
8 SYNCHRO DB SNATCHES	40
10 SYNCHRO BURPEES	50
10 SYNCHRO DB SNATCHES	60
12 SYNCHRO BURPEES	72
12 SYNCHRO DB SNATCHES	84
14 SYNCHRO BURPEES	98
14 SYNCHRO DB SNATCHES	112
16 SYNCHRO BURPEES	128
16 SYNCHRO DB SNATCHES	144
TOTAL REPs	

TEAM NAME: _____ CAT: _____ SCORE: _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

PRE WORKOUT

TEAM NAME: _____ CAT: _____ SCORE : _____ REPS

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____