

Event 3:

15 minutes

15 Minute Clock:

40 Synchronized Maneaters (Burpee+Squat Clean+OH--no row)

80 Synchronized Box Jump Overs

Ski Erg for Meters with remaining time

One male and one female athlete working at a time, athletes will perform 40 synchronized Maneaters. Once they have finished their 40 Maneaters they will slide their dumbbells back and drop their boxes and perform 80 synchronized box jump overs. Once they have finished 80 box jump overs they will ski (one male and one female at a time) for the remainder of the 15 minute clock.

Synchronized Maneaters: One male and one female athlete must have their chests on the ground at the same time, and lockout overhead must be at the same time. If one athlete leaves the burpee before the other has touched the ground they do NOT need to redo the whole burpee, both athletes just need to return/stay on the ground until both chests are touching at the same time. Similarly, if one athlete locks out over head before the other and brings the DB's down before their partner has achieved lockout, they do not need to redo the whole maneater, they just need to achieve lockout at the same time before moving to the next rep.

Synchronized Box Jump Overs: One male athlete and one female athlete will jump onto and over (or directly over) the box. Neither athlete can start the next box jump over until BOTH athletes have both feet on the other side of the box. If one athlete jumps before their partner has their feet on the other side of the box he/she will have to return to the same side of the box as their partner and redo the repetition.

Athletes may switch out at any time.

Open/50+

35/20# DB's

24/20" Box (Stepping allowed)

40+

40/25# DB's

24/20" (No Step)

RX'd

50/35# DB's

24/20" (No Step)