



TEAM EVENT 2
STAGE 2 - "THE HARDSHIP"

AMRAP	CAP 20Min								
Synchronised ALT DB-Box Step Ups		<table border="1"> <thead> <tr> <th>RX M/F</th> <th>Scale/M/F</th> </tr> </thead> <tbody> <tr> <td>M/F Sync 22.5Kg/15Kg</td> <td>M/F Sync 15Kg/ 10Kg</td> </tr> <tr> <td>Box 60/50 cm</td> <td>Box 60/50 cm</td> </tr> </tbody> </table>	RX M/F	Scale/M/F	M/F Sync 22.5Kg/15Kg	M/F Sync 15Kg/ 10Kg	Box 60/50 cm	Box 60/50 cm	
RX M/F	Scale/M/F								
M/F Sync 22.5Kg/15Kg	M/F Sync 15Kg/ 10Kg								
Box 60/50 cm	Box 60/50 cm								

"THE HARDSHIP" Workout Description

RX M/F

- M/F Synchronised DB-Box Step Ups (22.5/15kg - 60/50cm box)
- Reps can only be performed while ONE partner performs a Dead Hang & ONE Partner performs Plank

Scale/M/F

- M/F Synchronised DB-Box Step Ups (15/10kg - 60/50cm box)
 - Reps can only be performed while ONE partner performs a Dead Hang & ONE Partner performs Plank
- Note: If one Member in Team is unable to do Scale movement He/She may do Adaptive movement.**

Adaptive M/F

- Perform Box Step Up with-out DB weight.

"THE HARDSHIP" Movement Standard

Synchronised DB-Box Step Ups	DB must be held in 5 Finger grip HANG position next to body with-out any support. The rep ends with hips extended on top of the box with both feet fully on the box. Rep will be credited with synch of Both athletes on top of the box with hips extended. Rep start with DB on Floor in Front of Box on ground when SYNC team change. DB is not allowed on the Box. Only Alternating Step-Ups is permitted.
Dead Hang	Athlete will hang on the rig with feet of the floor. No cross-over or reverse grip allowed. No grips or tape allowed.
Plank	Face down, forearms and toes on floor. Elbows directly under your shoulders and forearms facing forward. Back must remain straight. Hips must stay in line with shoulders.

"THE HARDSHIP" Equipment

- Rig for Dead Hang. No cross-over or reverse grip allowed
- Two Boxes - One Box set at 60cm high and One Box set at 50cm High
- One 22.5Kg DB and for Scale One 15Kg DB
- One 15Kg DB and for Scale One 10Kg DB
- No Grips or tape Allowed

"THE HARDSHIP" Scoring

Your score will be the Total Synchronised DB-Box Step Ups reps completed in the 20min time cap.