

BUNS 'N' GUNS

12 MIN TIME CAP			
ADVANCED	INTERMEDIATE/MASTERS	ELEVATE	HYBRID
9 BMU – 2 Athlete's Sync 21 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 7 BMU – 2 Athlete's sync 18 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 5 BMU – 2 Athlete's sync 15 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike	14 Toes to Bar – 2 Athlete's Sync 14 Pull Ups – 2 Athlete's sync 21 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 12 Toes to Bar – 2 Athlete's sync 12 Pull Ups – 2 Athlete's sync 18 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 10 Toes to Bar – 2 Athlete's sync 10 Pull Ups – 2 Athlete's sync 15 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike	14 Toes to Bar 14 Pull Ups 21 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 12 Toes to Bar 12 Pull Ups 18 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 10 Toes to Bar 10 Pull Ups 15 Squat Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike *Refer to the following section for information regarding a Gymnastics Substitute.*	2 ROUNDS OF 18 Knee raises – 2 Athlete's Sync 21 Power Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 15 knee raises – 2 Athlete's sync 18 Power Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike 12 knee raises – 2 Athlete's sync 15 Power Cleans + 20 Cal bike 2 working on 1 x barbell – 1 on bike

Using a 15 kg barbell. 1 x barbell will be loaded to the prescribed working weight. Athletes will share the reps on the same barbell with the following weights:

ADVANCED – 60KG

INTERMEDIATE – 40KG

ELEVATE – 35KG

HYBRID – 25KG

Adv/Int/Masters: All gymnastics repetitions must be synchronised between two athletes where indicated.

They can be **shared as desired**, and **not all athletes are required to complete gymnastics reps**.

Elevate Athletes* No synchronisation of gymnastics required . You may sub gymnastics movements with burpee bar touches. 1 x burpee bar touch = 1 x PU or TTB

Hybrid barbells (25kg) are not permitted to be dropped and must be returned to the ground in a controlled manner.

The non-working athlete will stand approximately 3 metres from the rig and must tag in and out when rotating through the gymnastics movements

There will be a low and high bar option. No other equipment is to be placed under the rig.

*The bike is a **C2 Bike**.

WORKOUT DESCRIPTION

Time Cap: 12 minutes

At the call of **3, 2, 1, go**, athletes will begin the workout by completing the prescribed number of **gymnastics repetitions** for their division:

- **Advanced:** Bar muscle-ups
- **Intermediate & Elevate:** Toes-to-bar and pull-ups
- **Hybrid:** Knee raises

For all divisions except elevate, gymnastics repetitions are synchronised between two athletes, may be **shared as desired**, and **not all athletes are required to complete gymnastics reps**.

Elevate athletes do not have synchronised gymnastics and can share reps as desired. Not all athletes are required to complete gymnastics reps.

Elevate athletes may choose to sub the gymnastics movements with burpee bar touches. This is not considered scaled – rather a substitutions so will rank the same as teams that performed the workout as prescribed.

Upon completion of the gymnastics work, **two athletes** will move to the barbell and complete the **squat cleans** (power cleans for Hybrid). This means:

While the two athletes are completing the cleans, the **third athlete** will complete **20 calories on the bike***. Athletes can change out if desired.

1 x barbell will be loaded to the prescribed working weight. Athletes will **share the reps on the same barbell**.

Once **both the cleans and the bike** are complete, the team will return to the rig to complete the **next prescribed number of synchronised gymnastics repetitions**, again sharing the work as desired. Upon completion of the second set of gymnastics work, the team will move to the **second round of cleans and bike work**.

The above flow is repeated for a **final round**, performing the prescribed repetitions each time.

HYBRID TEAMS WILL COMPLETE 2 FULL ROUNDS. ie 18 knee raises, 21 power cleans & 20 cals, 15 knee raises, 18 power cleans & 20 cals, 12 knee raises, 15 power cleans & 20 cals **TWICE**

Athlete Flow -order may be chosen by the team.

Time is recorded when both the cleans and the bike are completed in the **third round**.

Scoring:

Score is **recorded for time**. If a team does not complete the workout within the 12-minute time cap, their **score will be the total number of repetitions completed**.

MOVEMENT STANDARDS

SYNCHRONISED BAR MUSCLE UP

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. No part of the foot may rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. The synchronisation occurs when both athletes are fully locked out at the top of the bar at the same time. Grips can be used. Chalk will be provided

SYNCHRONISED PULL UPS

This is a standard chin-over-bar pull up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar. The synchronisation occurs with both athletes chins over the bar at the same time. **Grips can be used. Chalk will be provided**

SYNCHRONISED TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep. For the synchronisation, both athletes toes must touch the bar at the same time. **Grips can be used. Chalk will be provided**

PULL UPS

This is a standard chin-over-bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar. **Grips can be used. Chalk will be provided**

TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep. **Grips can be used. Chalk will be provided.**

SYNCHRONISED KNEE RAISES

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep. **Grips can be used. Chalk will be provided**

BURPEE BAR TOUCH

The athlete performs a standard burpee by lowering the chest and thighs to the floor, ensuring both make clear contact with the ground at the bottom. The athlete then pushes up from the floor, jumps or steps the feet forward, and rises to a standing position. From there, the athlete must jump and touch the bar with both hands simultaneously. The rep is counted when both hands make contact with the bar at the same time and full hip extension is shown. The athlete must face the bar during the movement. Stepping up from the burpee is permitted. There is no requirement to pass through full hip extension before jumping.

SQUAT CLEAN

The barbell starts on the ground and must be lifted to the shoulders, with the athlete passing through a full squat where the hips drop below the knees. The athlete then stands to full extension with hips and knees fully locked out and the elbows positioned in front of the bar.

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

C2 BIKE

The bike seat may be adjusted to any height, and any damper setting is permitted.