



# EVENT 2

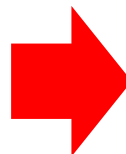


## AMRAP 12:



21-15-9 of:  
Synchro DL (185/135) → **150**  
Synchro BBO\* (24"/20") → **DU**

\*Burpee Box Jump Overs



15-12-9 of:  
Synchro DL (185/135) → **150**  
Synchro BBO\* (24"/20") → **DU**

\*Burpees over the box

- Event 2 is a relay between 2 teams.
  - Team A is composed of 2 males, 2 females (FFMM).
  - Team B is composed of 1 male, 1 female (FM).
- Each team will have access to 2 barbells (185, 135), and 2 boxes which can be rotated to 20", 24".
- Each team must complete their respective full 3 rounds of DL/Burpee and DU before switching to the other team.
- There will always be 2 non-working athletes while team A is working.
- **Movement standard: Synchronized Deadlift** : For the rep to be synchronized, both partners must finish the Deadlift at the top of the rep at the same time. One athlete cannot begin lowering the bar for the next deadlift before the other athlete completes their deadlift
- **Movement standard: Synchronized [Burpee Box Jump Over](#) (link)**. \*Note: this burpee is NOT box facing. For the rep to be synchronized, both athlete's chests must make contact with the floor at the same time each rep. The "jump" or "over the box" part need not be synchronized. One athlete cannot pushup from the burpee before the previous athlete's chest makes contact with the floor. Rep is complete when the athlete lands on the other side of the box. Step ups are NOT allowed.
- **Movement Standard: Double Unders**: only 1 person works at a time. Switches allowed anytime.

**100 pts**