



# EVENT 2



## AMRAP 12:



21-15-9 of:

**Synchronized DL (135/95)**  
**Synchronized OTB\* Burpees**  
**\*Over the Bar**



15-12-9 of:

**Synchronized DL (135/95)**  
**Synchronized OTB Burpees**

- 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 (135, 95).
- Each team must complete their respective full 3 rounds of DL/Burpee 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 Over the bar Burpees** - For the rep to be synchronized, both athlete's chests must be in contact with the floor at the same time each rep. One athlete cannot pushup from the burpee before the other athlete's chest makes contact with the floor. The "jump" need not be synchronized. Athletes burpee parallel to the barbell (NOT bar facing)

**100 pts**