



# EVENT 1



## For time:



**Bike 40 Cals (total)**  
**15 Synchro BBJO\* (24")**  
**Run 1200m**



**Bike 30 Cals (total)**  
**15 Synchro BBJO\* (20")**  
**Run 1200m**



**Bike 35 Cals (total)**  
**15 Synchro BBJO\* (24"/20")**  
**Run 1200m**

\*Burpee Box Jump Overs (24"/20")

- Event 1 is a relay between 3 pairs of co-ed teams (MM, FF, MF).
- Each team will have access to 2 Airbikes and 2 boxes which can be rotated to 20", 24", 30".
- During the Bike, team members may split the total cals anyhow. The combined calorie total must be attained before starting the BBO.
- **Team members will be required to hold a baton during the run and handoff when switching teams**
- **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.
- Timecap: 25 minutes

**100 pts**