

FORTY-FIVE INDY

Elite Individual/Intermediate Individual/Masters 35-44/45+

For Time: *10 Minute Time Cap* 100 Points

9-15-21:

Row for Calories

Burpee w/Lateral Jump Over Barbell

Thruster 95/65lb

Variations:

Scaled Individual

75/55lb

*can step laterally over the barbell

Event Description:

The event begins with the athlete seated on the rower. Athletes may not touch the handle until the clock has started. On the call of 3,2, 1... Go! The athlete will grab the handle and begin. After 9 calories are completed, the athlete will move to the barbell to perform 9 lateral jump burpees and then move on to complete 9 thrusters. Once the athlete has completed 9 reps of the calorie row, lateral jump burpees and thrusters, they will advance their barbell to the next quadrant. The athlete will then perform 15 calories on the rower, 15 lateral jump burpees, 15 thrusters, and the advance the bar into the net quadrant. They will then perform 21 calories, 21 burpees, and 21 thrusters. Once complete, the athlete will run across the finish line which concludes the event. There is a 10-minute time cap on this event. Your score is time or CAP+ completed reps.

Movement Standards:

Row

- Any damper setting is allowed and can be adjusted during the event.
- Athlete must stay strapped in during the entire duration of the row and must remain strapped in until monitor says the designated number of calories.
- Ensure the rower display is turned on and set to zero before the start of the event and each round.
- Only the judge is permitted to touch the monitor of the rower.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead.
- The bar must start from the ground. Jerking the bar is not permitted. Any type of re-dip will result in a "no rep".
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.

- A squat clean into the thruster is allowed on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete's body.

Lateral Burpee Over Bar

- Athletes must use a barbell with 18-inch plates.
- Burpees must be performed parallel to the barbell; this includes the jump over the barbell.
- Athletes may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the head below the barbell. Hands and feet must remain within the width of the their lane.
- Stepping and/or jumping back to the starting position are permitted. **Athletes must jump over the barbell using a two foot take off.** Single leg jumping or stepping over the bar is not permitted.

FORTY-FIVE TEAMS

10-Minute AMRAP 100 Points

Athlete One: Calories on the Rower

Athlete Two: 15 Thruster 95/65lb

Athlete Three: 15 Lateral Burpees Advance Barbell After 15th Rep

**Athletes can switch out when 15 total reps are completed. Athletes are not permitted to split the thrusters or burpees.*

Variations:

Scaled Trio Teams

75/55lb

Stepping Over the Bar Is Permitted

Workout Description

All athletes begin on the starting mat, on the call of 3,2,1.. Go! Athlete one will advance to the rower to begin accumulating calories, athlete two will perform 15 thrusters. Once athlete two has completed the thrusters, athlete three will perform 15 lateral burpees over the bar. When athlete 3 finishes, the athletes may switch stations. It does not matter the order you change, but an athlete must complete a total set of 15 thrusters, or 15 lateral burpees over the bar. (An athlete can do 15 thrusters and 15 lateral burpees if they choose). 15 reps cannot be split between team members. Complete this sequence as many times as you can in 9 minutes. Your score is total repetitions and calories on the rower. Score is calories + rounds (5 calories on the rower = 1 rep)

Movement Standards

Row

- Any damper setting is allowed and can be adjusted during the event.
- Athlete must stay strapped in during the entire duration of the row and must remain strapped in until monitor says the designated number of calories.

- Ensure the rower display is turned on and set to zero before the start of the event and each round.
- Only the judge is permitted to touch the monitor of the rower.

Thruster

- This is a standard thruster in which the barbell moves from the bottom of a front squat to full lockout overhead.
- The bar must start from the ground. No racks are allowed. Jerking the bar is not permitted. Any type of re-dip will result in a “no rep”.
- At the bottom of the thruster, the hip crease must clearly pass the below the knee.
- A squat clean into the thruster is allowed on the first rep.
- At the top of the thruster, the barbell must come to a full lockout overhead with the knees, hips and arms fully extended and the bar directly over the middle of the athlete’s body.

Lateral Burpee Over Bar

- Athletes must use a barbell with 18-inch plates.
- Burpees must be performed horizontal to the barbell, this includes the jump over the barbell.
- Athletes may jump or step back to reach the bottom position. Chest and thighs must touch the ground with the head below the barbell. Hands and feet must remain within the width of the plates.
- Stepping and/or jumping back to the starting position are permitted. **Athletes must jump over the barbell using a two foot take off.** Single leg jumping or stepping over the bar is not permitted.