

SINK OR SYNC

DETAILED WORKOUT DESCRIPTION & MOVEMENT STANDARDS

WORKOUT OVERVIEW

14-minute AMRAP:

15/12-calorie row

8 synchronized toes-to-bar OR 16 synchronized knee raises

20 synchronized wall balls (20/14)

Teams repeat the sequence for as many rounds and repetitions as possible during the 14-minute time cap.

HOW THE WORKOUT GOES

At the start of the clock, the team begins on the rower. Both athletes have their own rower. The monitor must reach 15 calories for a male or 12 calories for a female before the team advances.

After the row, both athletes move to the pull-up bar and complete the prescribed synchronized gymnastics option. Teams complete either 8 synchronized toes-to-bar or 14 synchronized knee raises, according to their scaling option.

The team then completes 20 synchronized wall-ball repetitions. Once all 20 good repetitions are complete, the team returns to the rower and begins the next round.

Athletes may not begin the next movement until the full required work at the current station has been completed. At the 14-minute mark, all work stops immediately. A repetition completed after time expires does not count.

ROW STANDARD

- The rower monitor must begin at zero at the start of the workout.
- The monitor must clearly display the required calorie total before the team advances.
- The handle must be returned safely; intentionally dropping or throwing the handle is not permitted. (A PENALTY WILL BE ASSESSED)

NO REPS

- If Rower screen is not cleared

SYNCHRO TOES TO BAR STANDARD

- Both athletes begin hanging from their pull-up bars with the arms fully extended and the feet behind the vertical plane of the bar.
- Both athletes bring both feet upward until the toes clearly contact the bar between the hands.
- The athletes' toes must contact their bars at the same time for the repetition to count.
- Both athletes must return to a full hang with the feet behind the bar before beginning the next repetition.

NO REPS

- Only one-foot touches
- Feet contact outside the hands
- Athletes do not touch at the same time
- Athlete fails to return to the full hanging position.

SYNCHRO KNEE RAISE REP STANDARDS

- Both athletes begin hanging from their pull-up bars with the arms fully extended and the feet behind the vertical plane of the bar.
- Both athletes raise the knees until the knees are clearly above the crease of the hips.
- Both athletes must reach the top position at the same time.
- Both athletes return to a full hang with the legs extended before beginning the next repetition.

NO REPS

- Athlete's knees remain below hip height
- Athletes are not synchronized at the top,
- Athlete fails to return to a full hang.

SYNCHRO WALL BALL REP STANDARDS

- Each athlete uses a wall ball and begins standing with the ball in the front-rack position.
- Both athletes squat until the hip crease is clearly below the top of the knee.
- Both athletes must reach the bottom of the squat at the same time.
- Each athlete stands and throws the ball so it clearly contacts the prescribed target (10/9) at or above the required height.
- Both balls must hit their targets before the athletes begin the next repetition.

NO REPS

- Athlete fails to reach squat depth
- Athlete misses the target
- Athlete hits below the target
- Athletes are not synchronized in the bottom position.

SYNCHRONIZATION NOTE

The wall balls do not have to contact the targets at the exact same time. Both balls must successfully hit the targets before the next repetition begins.

SCORING

The score is the total number of completed rounds plus any additional repetitions completed before the 14-minute time cap.

Scoring Item	Value
Row	15 reps for male teams / 12 reps for female teams (1 rep= 8/6 so Row counts as 2)
Synchro toes-to-bar	8 reps
Synchro knee raises	8 reps (1 rep =.5 pt)
Synchro wall balls	20 reps

Tiebreak: If a tiebreak is used, record the time at the completion of the wall balls after each full round. The team with the earlier final completed-round time wins the tie.