

# THIS ONE IS FOR THE BROS

## PART 1: BENCH PRESS • PART 2: SYNCHRO BURPEES

### WORKOUT OVERVIEW

Part 1 is a five-weight bench press ladder. Athletes have 40 seconds to complete as many reps as possible at each weight, followed by 20 seconds to transition to the next weight.

Part 2 is 3 minutes of max synchro burpees over a PVC pipe.

|        | Weight 1 | Weight 2 | Weight 3 | Weight 4 | Weight 5 |
|--------|----------|----------|----------|----------|----------|
| Male   | 95       | 115      | 135      | 155      | 185      |
| Female | 55       | 75       | 85       | 95       | 115      |

### HOW THE WORKOUT GOES

At 3-2-1-Go, the athletes begin at Weight 1 and performs as many bench press reps as possible during the 40-second work window. Each athlete will have their own bench and judge. When the 40 seconds ends, the bar is racked and the athlete has 20 seconds to change the load and prepare for the next station.

**Minimum work requirement:** the athlete must complete at least 5 good reps at the current weight to advance to the next weight. If fewer than 5 reps are completed, the athlete does not advance.

This pattern continues through all five bench press weights. After Part 1 is complete, athletes move to Part 2.

Part 2: athletes have 3 minutes to complete as many synchronized burpees over the PVC pipe as possible.

### BENCH PRESS REP STANDARDS

- Each rep begins with the elbows fully extended and the bar under control.
- The bar must make clear contact with the athlete's chest.
- The rep is complete when both elbows return to full extension.
- The athlete's shoulders and butt must remain in contact with the bench. Feet must stay on the floor
- A spotter may assist with the lift-off, but once the rep begins the spotter may not touch the bar.
- A rep completed after the 40-second interval expires does not count.

## NO REPS

- Shoulders or butt come off the bench
- Feet leave the floor
- Rep is racked before full extension is met
- Spotter touches the bar
- Athlete fail to touch chest
- Athlete fail to extend arms

## SYNCHRO BURPEE REP STANDARDS

- Both athletes begin on the same side of the PVC pipe.
- Both athletes' chests and thighs must touch the floor, and the athletes must be on the floor together for the rep to be considered synchronized.
- After standing, athletes may jump, skip, or step over the PVC pipe.
- Both athletes must completely cross the PVC pipe before beginning the next rep.
- Athletes may move over the pipe at slightly different times as long as the required synchronized floor position is met.

## NO REPS

- Athlete fails to touch chest and thighs to the floor
- Athletes are not synchronized on the floor
- Athlete fails to completely cross the PVC pipe.

## SCORING

Bench press reps are weighted based on the station completed:

| Station  | Point Value      | Minimum to Advance |
|----------|------------------|--------------------|
| Weight 1 | 1 point per rep  | 5 reps             |
| Weight 2 | 2 points per rep | 5 reps             |
| Weight 3 | 3 points per rep | 5 reps             |
| Weight 4 | 4 points per rep | 5 reps             |
| Weight 5 | 5 points per rep | 5 reps             |

Part 1 Score: add the weighted point value of every successful bench press rep completed.

Part 2 Score: total number of successful synchro burpees over the PVC pipe completed in 3 minutes.