



2023 FVF4

Workout 1

The Gripper Returns

8:00 AMRAP

RX:
M(225) - F(145)

SCALED:
M(155) - F(105)

Deadlift Order: F1,M1,F2,M2
3.2.1...GO!

F1 - Deadlift to MAX hold - While she holds **M1+F2+M2** all complete MAX bar over burpees.

If/When **F1** drops the bar...**M1** will pick up their deadlift...

Repeat sequence for **TOTAL BURPEES in 8:00*

**Burpees need to be done in sets of 3, per person and in single file line order.*

**Burpees can only be started once the deadlift is locked in at the top hold position.*



The Gripper:

This workout begins with the F1 (Female 1) standing directly next to the female weight deadlift bar ready to lift and hold. M1 (Male 1), F2 (Female 2), M2 (Male 2) will be standing next to the male deadlift bar in a single file line waiting to start their burpees.

After the call of "3, 2, 1... go," the F1 athlete will pick up the deadlift bar and be in complete lockout position (knees and hips). Only once the lockout position is established will the other team members be able to start their burpees.

The team members not on the deadlift bar will then perform ONLY 3 burpees before the next in line is tasked with their 3 burpees. This will go on, in sets of 3 per person until the person holding the deadlift bar drops. (A drop is considered any position not locked out with knees and hips).

One team member is allowed to hold the deadlift hold as long as possible as long as the required knee and hip full lockout is maintained. Athletes may adjust their grip on the bar as long as the knees and hips maintain lockout.

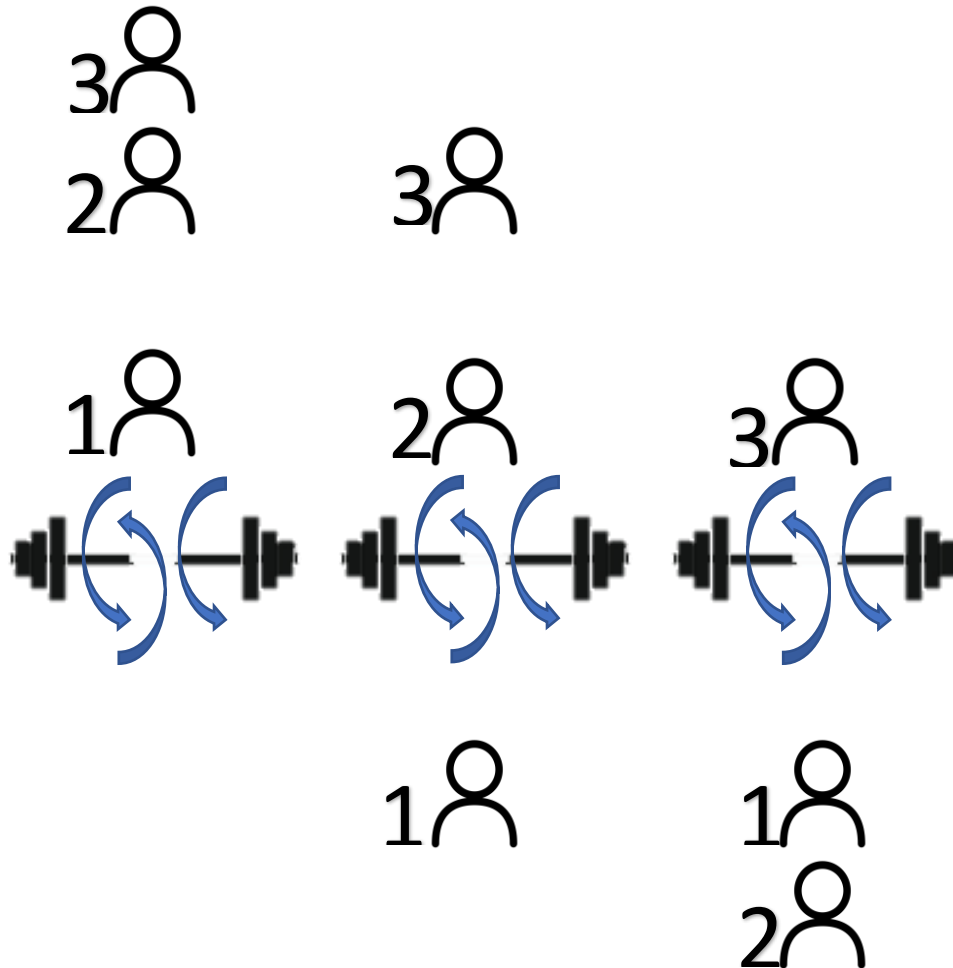
When the bar is dropped, the next athlete in line will then move to the deadlift for their hold. This requires the entire team to switch bars since the order is F1,M1,F2,M2. If the bar is dropped in the process of a jump over that rep will count. The rep will not count if in the process of the burpee itself and not just the jump over.

Since the burpees are done in 3's per athlete, if the bar is dropped and the next athlete up for the deadlift hold has not finished their 3 burpees of that set, the next person in line will start their set from rep 1 once the bar is lifted and locked out.



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Burpee Sequence (the numbers listed below are strictly to illustrate what sides of the bar team members will start and end their 3-burpee sequence on.)



Burpees AND Deadlift Holds will need to follow the F1,M1,F2,M2 order. No matter where the team is when the deadlift bar gets dropped, the next in line will need to go the deadlift hold and the person coming off the deadlift hold will need to go back to their original ordered spot. Even if that means they are next in line for burpees.

If the bar is dropped before someone finishes their 3 burpees (say they finish 1 of the 3) and they are next in line for DL hold, they immediately go to the DL hold and the next person in line for burpees will start their sequence of 3. If they only complete the 1 out of 3 and are NOT next up for the DL hold, they will then be required to finish their next 2 burpees and continue on the sequence.



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Deadlift Hold:



- At the start of each hold, the bar is at rest on the floor.
- Athletes are allowed to hold onto the bar using any hand grip they'd like.
- NOT PERMITTED: Gymnastics grips – Gloves – Lifting Straps of any kind.
- Bare hands only allowed on bar. The use of chalk IS ALLOWED.
- Once the ankles, knees and hips are locked out, with the shoulders behind the bar their teammates may start the burpees.
- Maintaining a straight body line with lockout of knees and hips is required. Once any deviation of lockout is seen, the athlete must drop the bar and rotate positions.
- Switching grip is allowed as long as the straight bodyline is maintained.

Bar Over Burpees:



- Athletes will start the rep at a standing position.
- The chest must make contact with the floor on both sides of the bar to be considered a good rep.
- A two foot takeoff is required on the jump over the bar
- The hips are NOT required to be fully open on the jump over
- Athletes must up stand up after their final rep in their sequence. Meaning, they cannot roll away on the floor to let their next teammate start their rep sequence.
- Athletes waiting to start their sequence must wait until the athlete before them has stood up and cleared the bar/floor before they start.



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Floor Plan Workout #1:

