

# EVENT 3: “MOVE THE BAR MOVE YOUR BODY”



**WINTER  
CLASSIC**

IN ASSOCIATION WITH **CrossFit**

## Everyday Hero Division

For Time: 19 Minute Cap

### 3A

5 Minutes to Establish a 1 Rep Max Power Clean OR Squat Clean

Bar must be pulled from the floor in a single motion.

Hang cleans of any kind are not permitted.

### 3B

Perform the following movements within three (3) rounds of time (3 min / 3 min / 5 min) with a one (1) minute rest in between.

40 (Men) / 30 (Women) Calorie Ski and Bike Simultaneously  
50 Synchronized Bar Facing Burpees

### Event Overview

Event 3A begins with both athletes standing at a platform with an empty barbell. At the call of “GO” they may begin loading the barbell to perform cleans. Teams will be given a 5 minute window to build up to and establish a 1 rep max clean. The score will be a combined total of the heaviest successful cleans performed by both athletes.

Once the 5 minute lifting window closes, there will be a 1 minute reset for the barbell to move into position for 3B.

Event 3B begins at 6 minutes on the clock with athletes on Concept2 machines. One athlete will be on a Ski Erg, the other on a Bike Erg. Athletes must finish their calories on the same machine they began each round on. Partners may not sub in. At the end of each round, athletes may switch machines. Calories must be fully completed before teams begin burpees. Bar facing burpee synchronization occurs when both athletes’ chests and thighs are in contact with the floor. A 2 foot takeoff must be performed by both athletes to clear the bar for a rep to be counted.

The workout will end once the team finishes the final burpee and both athletes run down the floor and cross the finish line. Time stops when the last athlete on your team crosses the line.

### Event Breakdown:

- 1 Rep Max Clean: 1 – 5 minutes
- 1 Minute Rest
- 3 Minute Set: 6 - 9 minutes AMRAP (As Many Reps As Possible)
- 1 Minute Rest
- 3 Minute Set: 10 – 13 minutes AMRAP
- 1 Minute Rest
- 5 Minute Time Cap: 14 – 19 minutes

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