

Strength In Our Streets 2025 Workout Descriptions

25.1 Green Lantern

Part A. Establish a 1RM Clean

Part B. Establish a 1RM Strict Press

Time Cap: 10min

Flow

On 3...2...1...Go:

5 females will work on Part A of establishing a 1RM Clean

5 males will work on Part B of establishing a 1RM Strict Press

Once the 10-minute time cap is reached, there will be a 2-minute transition period.

Males will then move to Part A to establish a 1RM Clean and females will move to Part B to establish a 1RM Strict Press.

Once the 2-minute transition has ended, athletes will have another 10 minutes to establish a 1RM at their respective stations.

*Score = combined, total weight of both lifts from all 10 athletes

Movement Standards

Clean

Athletes may execute any form of clean (power, squat, muscle, etc), as long as it's taken from the floor. Hang cleans are not permitted.

The movement is completed when the athlete's hips and knees are fully extended at the top of the lift, with the bar racked on the shoulders. The elbows must be in front of the bar when it is racked on the shoulders.

Strict Press

Legs should be locked out and straight, with no bending or bouncing at the knees or hips.

The movement is completed when the arms are fully extended overhead, with the bar directly over the middle of the body.

The barbell will be taken from the rack.

25.2 The Flash

22 minute AMRAP

Part A

10 Rounds:

Athlete A - 400m Run

Athlete B - 500m Row

In Remaining Time....

Part B

AMRAP of

Burpee Box Jump Overs (24/20)

Sandbag Devil's Press (80/40)

Flow

On 3...2...1...Go:

Athlete A will begin the 400m run and Athlete B will begin the 500m row.

Once BOTH athletes complete their required distance, the next pair may begin.

This will continue for a total of 10 rounds.

Each athlete of the team is required to complete two rounds of either the 400m run or 500m row.

Athletes are not required to complete their second round on the same movement they started with and are allowed to switch between rowing and running if desired.

Once 10 rounds have been completed, the team will move on to Part B and complete as many rounds as possible of Burpee Box Jump Overs and Sandbag Devil's Press in the remaining time.

One athlete will begin the Burpee Box Jump Overs while the other athlete begins the Devil's Press. Both athletes may be working at the same time. Athletes can switch out at any time in any order.

*This event will be a two-part score:

Part A: Time to complete 10 rounds

Part B: Total combined reps of Burpee Box Jump Overs and Devil's Press

Movement Standards

Burpee Box Jump Overs

Athletes will begin with both feet on the same side of the box and drop into a burpee, ensuring chest and thighs touch the floor.

Upon returning to the standing position, athletes will execute a **two-foot take off** and jump completely over the box. Only the athlete's feet are allowed to make contact with the box.

The repetition is complete once both feet make contact with the ground on the opposite side.

Athletes are not required to show full extension jumping onto the box and are allowed to either step or jump down after landing on top of it.

Sandbag Devil's Press

Athletes will begin with the sandbag placed on the ground just in front of their feet and either jump or step back into the high plank position while gripping the sandbag with two hands and then lowering their chest to the sandbag.

Athletes will then jump their feet forward and use their hip drive to move the sandbag from between their legs to an overhead, locked-out position.

The rep is completed when the sandbag is overhead, with arms fully extended.

The sandbag must return to the ground before the athlete can begin the next rep.

25.3 Superman

Part A: Establish a 1RM Bench Press for each athlete

Part B: Complete For Time

- 100 Single Unders + 10/8 Cal Row
- 75 Double Unders + 10/8 Cal Row
- 50 Cross Over Single Unders + 10/8 Cal Row
- 75 Double Unders + 10/8 Cal Row
- 100 Single Unders + 10/8 Cal Row

Time Cap: 10 minutes

Flow

On 3...2...1...Go:

5 Females will begin Part A to establish a 1RM bench for each athlete

5 Males will begin Part B and complete the workout for time

There will be a 10-minute running clock for both groups to complete their workouts. Once the 10 minutes are reached, there will be a 2-minute transition period upon which the 5 males will move onto Part A and the 5 females to Part B.

Athletes will then have another 10 minutes to complete their respective workout.

*This event will be a two-part score:

Part A: Total combined weight of the 1RM Bench for all 10 athletes

Part B: Combined completion time for both male and female teams.

Part A - athletes have unlimited attempts at their lifts and can move up and down in weight as desired

Part B – each athlete will complete only **ONE** of the five couplets.

Example:

Athlete 1 completes 100 Single Unders + 10/8 Cal Row

Athlete 2 completes 75 Double Unders + 10/8 Cal Row

Athlete 3 completes 50 Crossover Single Unders + 10/8 Cal Row.....etc

Movement Standards

Bench Press

Each attempt starts with full extension of the arms

Before lowering, the athlete must pause with the arms clearly extended and the bar over the torso.

A spotter may be used to assist with a lift out of the rack. The spotter's hands must be clearly off the bar before the bar is lowered.

Both feet must remain on the floor (or bumper plates) throughout the entire rep.

The shoulders and buttocks must remain in contact with the bench throughout the rep.

During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count.

The bar **MUST** make contact with any part of the torso at the bottom of the lift.

The athlete may **NOT** pause or rest with the bar on the torso.

The rep is complete when the athletes arms are fully locked out with the barbell over the torso

Single Unders

The rope must pass under the feet once per jump in a forward direction.

A successful rep counts only when the rope passes under both feet.

A two-foot take off and landing is required (no speed-steps)

Double Unders

The rope must pass under the athlete's feet twice per jump, with the rope spinning forward.

Cross Over Single Unders

The athlete must first perform a standard single under, then cross their arms in front of them during the jump, completing the cross deep enough to get the rope under their feet and into the correct single under position to start the next rep.

The rope passes under the feet once for each jump.

The rope must spin forwards for the rep to count.

A two-foot take-off and landing is required (no speed-steps).

A rep will be counted every time there is a change from hands crossed to hands uncrossed, or vice versa, **AND** the rope successfully passes under the feet.

Counting begins the first time the hands cross and the rope passes successfully under the feet.

25.3 Superman

20 Minute AMRAP

In Teams of 2 (M/F)

- 1 Synchro Kettlebell Swing (53/35)
- 1 Synchro Hand Release Push Up
- 1 Synchro DB Snatch (50/35)
- 1 Synchro Sandbag Squats (80/40)
- 1 Partnered Wallball Sit Up

*Add 1 rep to all movements after each round until you reach 10, then descend from 10 back to 1.

Rep Scheme: 1-2-3-4-5-6-7-8-9-10-10-9-8-7-6-5-4-3-2-1

Flow

On 3...2...1...Go:

The first M/F pair will work their way down the field and complete one round of all exercises. Once they complete the last movement, they will move into the “end zone”, which will initiate the next M/F to begin the next round.

Once all 5 M/F pairs complete a round, the team will then start the workout backwards, working their way back to the other end of the field.

(i.e they will start with the partnered wallball sit ups, then sandbag squats, then DB snatch, etc...)

If the team finished the entire rep scheme (1-10-10-1) before the 20 minutes is up, they will begin a new set and work their way back up.

Athletes are not allowed to switch partners or order once the workout has started.

*Score for this workout is rounds + reps

**When a M/F pair completes a whole round of the movements, it will be counted towards their score as 1 round.

Movement Standards

Synchro Kettlebell Swings (American Style)

The synchronized repetition counts only when both athletes **simultaneously** achieve the following positions at the same time:

Start/Bottom: The kettlebell passes behind the heels at the bottom of the swing

Top: The athletes stand upright with hips and knees extended. Arms are straight and locked out overhead. The base of the kettlebell faces upwards, directly over the ears, shoulders, hips and ankles.

Synchro Hand Release Push Ups

The synchro hand release push-up is completed when both partners' chests and thighs touch the ground **simultaneously**, after which their hands lift off the ground and their arms fully extend out to the side before pushing back up to a full lockout.

Synchro DB Snatch

The synchro DB standard requires both athletes to simultaneously extend their arms, hips, and knees with the dumbbell overhead, with the dumbbell positioned over the middle of the body.

The rep starts with both heads of the dumbbell on the ground, and the dumbbell is lifted in one motion.

If one athlete finishes early, they must wait for their teammate to reach the fully locked-out over-head position before both athletes can bring the dumbbell back down to the starting position.

A no rep will be given if one athlete lowers their dumbbell before their partner reaches the overhead lock-out position.

Partnered Wallball Sit Ups

The starting position will begin with both athletes on the floor, facing each other. Athletes may have their legs in any position they desire.

The movement starts when one athlete performs a sit up and has arms fully extended with the wallball overhead, touching the ground, at the bottom of the rep. The athlete will then "sit-up" with the wall ball and pass it to their partner to begin the next rep.