



WEEK ONE / WORKOUT ONE
SCORECARD



WORKOUT ONE

PRESENTED BY

FOR TIME, COMPLETE

- 150 DOUBLE UNDERS
- 60 WALLBALLS (20, 14LBS @ 10FT)
- 30 CHEST TO BARS
- 150 DOUBLE UNDERS

TIME CAP /
12 MIN

SCORE /
FOR TIME

TIE BREAKER /
TIME AFTER COMPLETION
OF THE WALLBALLS

ELITE/RX, INTMD/SCALED, MASTER'S (35-39, 40-44, 45-49, 50-54, 55+)

150 DOUBLE UNDERS 60 WALLBALLS (20, 14LBS @ 10FT) 30 CHEST TO BARS 150 DOUBLE UNDERS

TEEN 16-18

150 DOUBLE UNDERS 60 WALLBALLS (20, 14LBS @ 10FT)
30 CHEST TO BARS 150 DOUBLE UNDERS

TEEN 13-15

150 DOUBLE UNDERS 60 WALLBALLS (14, 10LBS @ 9FT)
30 CHEST TO BARS 150 DOUBLE UNDERS

SCALED OPTION - ALL DIVISIONS - EXCEPT ADAPTIVE /

- 100 UNLOADED BB LATERAL JUMP OVERS,
- 60 WALLBALLS (14, 10LBS) @10/9FT (9FT FOR ALL 13-15)
- 30 JUMPING C2B
- 100 UNLOADED BB LATERAL JUMP OVERS

EQUIPMENT /

Wallball & 10 or 9ft Target, Pull-up Bar, Jump Rope, Scaled: Barbell

FLOW /

Workout 1 is a “for-time” event, that begins with the athlete standing tall, jump-rope in hand.

At the start of the ascending clock, the athlete may begin with double-unders. Upon accumulation of the required 150 repetitions, they will then advance to the wallballs. Upon completion of their 60 wallball repetitions, the athlete and/or judge will note the time, as this will be used as the tie-breaker.

They will then advance to the pull-up bar to complete the required number of chest-to-bar pull-ups. Once finished, they will again return to the jump rope, to accumulate 150 double-unders.

Upon completion of the final double-under, time will be called which will be noted as the athletes score: total time to complete the above workout.

MOVEMENT STANDARDS /



DOUBLE UNDER /

The double-under requires the athlete complete two rotations of the rope beneath the athletes feet for every singular jump. If the rope does not pass beneath the athletes feet twice, such as tripping on the rope during the second rotation, that rep shall not count.



WALLBALL /

For the wallball, the athlete must start with the ball at a dead stop on the ground. The athlete may then pick up the ball and stand tall before beginning a set, or squat clean the ball, before beginning their first repetition of any set. An athlete may not start in a squat, pick up the ball from this position, and toss the ball to the target.

A repetition consists of an athlete holding the ball in the “front rack,” and performing a full squat, hip-crease passing below the top of the knee, and when vertically extending throwing the ball to a specific target height. If the athlete’s hip does not break parallel, or the target does not touch the wall, that rep will not be counted.

The athlete may then catch the ball and perform multiple reps if they so choose.

Finally, athletes may not catch the ball on the bounce, and head right into a wallball repetition. The ball must be settled on the floor before picking it up to begin another set.



CHEST-TO-BAR /

The chest to bar pull-up begins with an athlete at a dead-hang (arms, shoulders, and hips extended) from a pull-up rig. The athlete then, using any style (kipping, butterfly, strict,) must draw anywhere from their clavicle to their first rib in physical contact with the bar. Each repetition begins with the athlete in a dead-hang, and finishes with the athlete making contact with their chest to the bar.

VIDEO SUBMISSION /

Prior to starting, film the wallball to be used so the weight can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

FAQ /

What if I'm doing the WOD scaled, but I know how to do double-unders? Can I still do 'em?

For the scaled version, to make it a fair and level playing field, we need you to please do the bar hops!

What's my score if I don't finish under the time-cap?

So for every repetition you DON'T complete, you will add :01 second to the total time-cap. As an example, if you had 50 double-unders left over, your score would 12:50 upon submission.



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ELITE/RX, INTERMEDIATE, MASTER'S 35-39, MASTER'S 40-44,
MASTER'S 45-49, MASTER'S 50-54, MASTER'S 55+, TEEN 16-18, TEEN 13-15

FOR TIME / 12 MIN TIME CAP

150
DOUBLE
UNDERS

60
WALL
BALLS

TIE
BREAKER

30
CHEST TO
BARS

150
DOUBLE
UNDERS

IF ATHLETE EXCEEDS CAP (+ :01) FOR EVERY UNFINISHED REP.

TOTAL TIME

TIE BREAK TIME

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WEEK ONE / WORKOUT ONE
SCORECARD



SCALED

FOR TIME / 12 MIN TIME CAP

100
BAR
HOPS

25	50	75	100
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60
WALL
BALLS

15	30	45	60
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: TIE
BREAKER

30
JUMP CHEST
TO BARS

10	20	30
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100
BAR
HOPS

25	50	75	100
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IF ATHLETE EXCEEDS CAP (+ :01) FOR EVERY UNFINISHED REP.

TOTAL TIME

: []

TIE BREAK TIME

: []

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____