



WORKOUT SIX

PRESENTED
BY



8 MINUTE AMRAP

MAX METER ROW

TIME CAP /

8 MIN

SCORE /

TOTAL METERS

EQUIPMENT /

Concept 2 Rower. No other rower types will be accepted.

FLOW AND MOVEMENT STANDARDS /

This workout requires an athlete have a Concept 2 Rower. No other rower types will be accepted.

Prior to the start of the workout, athletes will be required to pre-set their rower monitor in the following way:

First, turn the monitor on. Once on, click “Select Workout.” Then, “New Workout”, “Single Time.” Then pre-set the rower to “8:00,” and click the checkbox button.

This should bring up to the screen an 8:00 descending clock, that shall only begin upon the start of your first pull.

Now, when ready, begin by pulling. The athlete shall proceed through an 8min AMRAP of total meters rowed. Once the total time elapses, there should be a set meter number registered on the screen.

There is no tie-breaker for this event, and it is scored as the total meters rowed as displayed on the screen.



WEEK THREE / WORKOUT SIX
SCORECARD



VIDEO SUBMISSION /

Prior to starting, film the athlete selecting the correct settings on the rower for the 8:00 custom workout. 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. If an athlete needs someone to adjust their camera during the WOD to capture all movements, this is acceptable.

Please note, videos are not required at the time of score submission, however, select videos, to be announced later, will be required from all athletes seeking to compete in Miami. Team WZA recommends recording all videos to be prepared for this request.

FAQ /

For all frequently asked questions please visit:

<https://faq.wodapalooza.com/wza-online-challenge-and-qualifier>



WEEK THREE / WORKOUT SIX
SCORECARD



ALL DIVISIONS

8 MINUTE AMRAP

TOTAL
METERS

TOTAL METERS

ATHLETE NAME

SIGNATURE

JUDGE NAME
