



WORKOUT ONE, TWO & THREE
SCORECARD



WORKOUT ONE, TWO & THREE

PRESENTED BY BARBELLS FOR BOBS

COMPLETES FOR TIME:

WORKOUT 1 - ATHLETE A - FOR TIME

3 ROUNDS OF
10 BACKSQUATS
20 TOES TO BAR

WORKOUT 2 - ATHLETE B - FOR TIME

3 ROUNDS OF
15 BACKSQUATS
15 DEFICIT HSPU

WORKOUT 3 - ATHLETE C - FOR TIME

3 ROUNDS OF
20 BACKSQUATS
10 RING MUSCLE-UPS

TIME CAP /
15 MIN EACH

SCORE /
EACH COUPLET IS
INDIVIDUALLY SCORED
FOR TIME.

TIE BREAKER /
NONE



WORKOUT ONE, TWO & THREE SCORECARD



ELITE / RX	INTMD / SCALED
<p>WOD 1 - ATHLETE A - FOR TIME 3 ROUNDS OF 10 BACKSQUATS (225, 155LB) 20 TOES TO BAR</p> <p>WOD 2 - ATHLETE B - FOR TIME 3 ROUNDS OF 15 BACKSQUATS (185, 125LB) 15 DEFICIT HSPU (6IN, 4IN)</p> <p>WOD 3 - ATHLETE C - FOR TIME 3 ROUNDS OF 20 BACKSQUATS (135, 95LB) 10 RING MUSCLE-UPS</p>	<p>WOD 1 - ATHLETE A - FOR TIME 3 ROUNDS OF 10 BACKSQUATS (185, 125LB) 20 TOES TO BAR</p> <p>WOD 2 - ATHLETE B - FOR TIME 3 ROUNDS OF 15 BACKSQUATS (135, 95LB) 15 HSPU</p> <p>WOD 3 - ATHLETE C - FOR TIME 3 ROUNDS OF 20 BACKSQUATS (95, 65LB) 5 RING MUSCLE-UPS</p>

SCALED OPTION

- WOD 1 - ATHLETE A - FOR TIME**
3 ROUNDS OF
10 BACKSQUATS (135, 95LB)
20 HANGING KNEE RAISES
- WOD 2 - ATHLETE B - FOR TIME**
3 ROUNDS OF
15 BACKSQUATS (115, 85LB)
15 HAND RELEASE PUSH-UPS
- WOD 3 - ATHLETE C - FOR TIME**
3 ROUNDS OF
20 BACKSQUATS (95, 65LB)
10 PULL-UPS

EQUIPMENT /

- WOD 1: Barbell, plates, clips, pull-up bar
WOD 2: Barbell, plates, clips, HSPU Wall
WOD 3: Barbell, plates, clips, hanging rings

If performing in kilogram's, athletes must use the following equatable loads:
225lb -102kg | 185lb - 85kg | 155lb - 70.5kg | 135lb - 61kg | 125lb - 57kg | 95lb 43kg |
85lb - 39kg | 65lb - 29kg

FLOW /

Please note, WOD 1, WOD 2, & WOD 3, are each individually performed team WOD's as part of the WZA Team Challenge. At their discretion, Teams will assign each member to complete one of the above outlined WOD's, with each athlete performing one of the three. Each are scored as "for-time" events, and do not need to be performed back-to-back, not in the same location, nor at the same time.

Each of WOD 1, 2, & 3 begin with the athlete not bearing any weight, with the barbell pre-loaded. At the start of the ascending clock, the athlete may take the bar off of a rack or from the floor. The prescribed number of back squats must be performed (10, 15, 20 depending on which workout the athlete is performing.) Athletes may take as many sets, breaking up the work as needed, to complete the required number of repetitions.



WORKOUT ONE, TWO & THREE SCORECARD



FLOW (CONT.) /

Once the prescribed repetitions of back squats are completed, the athlete moves on to the prescribed gymnastics exercise. The athlete will perform the required work in as many sets as necessary, and upon completion, will return to the backsquats to begin round 2. This will continue for the three rounds.

Upon completion of the 3 rounds, time will be called which will be noted as the athlete's score.

MOVEMENT STANDARDS /

BACK SQUAT /

The barbell back squat requires the athlete have a preloaded barbell, with clips, either on the rack or the floor, at the athlete's discretion. The athlete will bring the barbell to the back-rack and may then begin their repetitions. Each rep will start standing tall with hips and knees extended. The athlete will then pass through a full-depth squat, with their hip crease passing below the top of their knee. Each rep will finish with the athlete finishing standing tall with the athletes hips and knees at full extension.

TOES TO BAR (HANGING KNEE-RAISES) /

The toe to bar requires an athlete start each set at a dead hang from a pull-up bar, with shoulders, arms, hips and legs at full extension. Each repetition consists of an athlete bringing both feet behind the perpendicular vertical plain created by the pull-up bar, and finishes with both feet simultaneously in contact with the pull-up bar, between the athlete's hands.

If the athlete is required to perform hanging knee raises, each rep consists of an athlete bringing both feet behind the perpendicular vertical plain created by the pull-up bar, and finishes with both the athlete's knees passing above their hip creases.

DEFICIT HANDSTAND PUSH-UPS /

For the deficit handstand push-up, prior to the start of the workout, athletes must measure out and mark a box measuring 36in wide by 24in from the floor. This is for the athlete's hand placement. The athlete's palms may not extend beyond this box over the course of any handstand push-up repetition, however, there fingers may.

If performing repetitions at a deficit, we recommend marking clearly on top of the plates or platform athletes are using to place their hands, to ensure hands do not go outside of this box.



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BARBELLS
FOR
BOBS

DEFICIT HANDSTAND PUSH-UPS (CONT.) /

Each repetition begins with the kicking upside down, onto the wall, with the athlete's hands clearly inside of the box, arms and shoulders locked out, body vertically aligned, with feet in contact with the wall. Once this position is established, the athlete may lower their body down to bring their head in contact with the ground. From here, the athlete may use any style of handstand push-up, including kipping or strict, to press and finish with their body vertically aligned, arms and shoulders locked out, and feet in contact with the wall. Each rep must have the athlete's head make contact with the floor, and finish in this extended position.

If at any point in time an athlete kicks off the wall, they must first establish the locked out finish position, with body vertically aligned before lowering down to begin repetitions. If over the course of a repetition, the athlete's hands leave the marked box, that rep shall not count. However, if the athlete is resting with their head on the floor, they may adjust their hands (which may have them come out of the box,) but must return them to the box before attempting to complete another repetition. If performing deficit, the athlete must use a flat surface for their hands; for example, athletes may not use parallettes nor place their fingers in the holes on plates.

RING MUSCLE-UPS /

The ring muscle-up begins with a set of hanging rings. The athlete must begin each set at a dead hang from gymnastics rings, with shoulders, arms, hips and legs at full extension. The athlete must then, either using a strict or kipping method, bring themselves on top the rings and finish with the athlete's shoulders over the rings, in a finished dip position, with arms locked out. If cycling repetitions, the athlete must change direction at the bottom of the rings. Any form of an up-rise or any other in-ordinary movements will not be accepted.

HAND RELEASE PUSH-UPS /

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

PULL-UPS /

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chin must break the horizontal plane of the bar.



WORKOUT ONE, TWO & THREE SCORECARD



SCORE SUBMISSION /

All scores must be submitted by 8PM ET, on Monday, November 12th. The Team Captain is solely responsible for submitting scores for the entire team via the Competition Corner platform. If an athlete elects to perform the workout as scaled, during the score submission process the captain must indicate this, which will automatically rank the team below any athletes performing that specific workout as prescribed. Since each version of the couplet is different, if one athlete elects to scale their assigned workout, the rest of the team can still elect to complete the WOD as prescribed. If an athlete does not complete their workout beneath the time-cap, they will add a +:01 penalty for every missed repetition.

(i.e. - 12 missed reps = 15:00 time cap + :12 = 15:12)

VIDEO SUBMISSION /

Prior to starting, athletes should state their name, and show the weights to be used and the hand box measurements created by the tape for the handstand push-ups (36x24in,) if applicable. 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, video submission will be required at the conclusion of the WZA Online Challenge & Qualifier for teams landing in top spots, as well as for those athletes looking to earn a spot to compete in Miami via Open Registration in Scaled. Videos will be requested at the conclusion of the Team Challenge, so Team WZA recommends recording any and all workout performances.



WORKOUT ONE, TWO & THREE SCORECARD



ELITE/RX, SCALED

WORKOUT 1 - ATHLETE A / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

TOES TO BAR

ROUND 2

BACKSQUATS

TOES TO BAR

ROUND 3

BACKSQUATS

TOES TO BAR

**ATHLETE A
WORKOUT 1**

**ATHLETE B
WORKOUT 2**

**ATHLETE C
WORKOUT 3**

ATHLETE A NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE SCORECARD



ELITE/RX, SCALED

WORKOUT 2 - ATHLETE B / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5	10	15
---	----	----

DEFICIT HSPU

5	10	15
---	----	----

ROUND 2

BACKSQUATS

5	10	15
---	----	----

DEFICIT HSPU

5	10	15
---	----	----

ROUND 3

BACKSQUATS

5	10	15
---	----	----

DEFICIT HSPU

5	10	15
---	----	----

**ATHLETE A
WORKOUT 1**

**ATHLETE B
WORKOUT 2**

**ATHLETE C
WORKOUT 3**

ATHLETE B NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE
SCORECARD



ELITE/RX, SCALED

WORKOUT 3 - ATHLETE C / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5	10	15	20
---	----	----	----

RING MUSCLE-UPS

5	10
---	----

ROUND 2

BACKSQUATS

5	10	15	20
---	----	----	----

RING MUSCLE-UPS

5	10
---	----

ROUND 3

BACKSQUATS

5	10	15	20
---	----	----	----

RING MUSCLE-UPS

5	10
---	----

ATHLETE A
WORKOUT 1

: []

ATHLETE B
WORKOUT 2

: []

ATHLETE C
WORKOUT 3

: []

ATHLETE C NAME

SIGNATURE

JUDGE NAME



WORKOUT ONE, TWO & THREE SCORECARD



INTERMEDIATE/SCALED

WORKOUT 1 - ATHLETE A / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5 10

TOES TO BAR

5 10 15 20

ROUND 2

BACKSQUATS

5 10

TOES TO BAR

5 10 15 20

ROUND 3

BACKSQUATS

5 10

TOES TO BAR

5 10 15 20

ATHLETE A
WORKOUT 1 :

ATHLETE B
WORKOUT 2 :

ATHLETE C
WORKOUT 3 :

ATHLETE A NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE SCORECARD



INTERMEDIATE/SCALED

WORKOUT 2 - ATHLETE B / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5	10	15
---	----	----

HSPU

5	10	15
---	----	----

ROUND 2

BACKSQUATS

5	10	15
---	----	----

HSPU

5	10	15
---	----	----

ROUND 3

BACKSQUATS

5	10	15
---	----	----

HSPU

5	10	15
---	----	----

ATHLETE A
WORKOUT 1 :

ATHLETE B
WORKOUT 2 :

ATHLETE C
WORKOUT 3 :

ATHLETE B NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE
SCORECARD



INTERMEDIATE/SCALED

WORKOUT 3 - ATHLETE C / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5 10 15 20

RING MUSCLE-UPS

5

ROUND 2

BACKSQUATS

5 10 15 20

RING MUSCLE-UPS

5

ROUND 3

BACKSQUATS

5 10 15 20

RING MUSCLE-UPS

5

ATHLETE A
WORKOUT 1 [] :

ATHLETE B
WORKOUT 2 [] :

ATHLETE C
WORKOUT 3 [] :

ATHLETE C NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE SCORECARD



SCALED OPTION

WORKOUT 1 - ATHLETE A / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

HANGING KNEE RAISES

ROUND 2

BACKSQUATS

HANGING KNEE RAISES

ROUND 3

BACKSQUATS

HANGING KNEE RAISES

**ATHLETE A
WORKOUT 1**

**ATHLETE B
WORKOUT 2**

**ATHLETE C
WORKOUT 3**

ATHLETE A NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE SCORECARD



SCALED OPTION

WORKOUT 2 - ATHLETE B / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5	10	15
---	----	----

HAND RELEASE PUSH-UPS

5	10	15
---	----	----

ROUND 2

BACKSQUATS

5	10	15
---	----	----

HAND RELEASE PUSH-UPS

5	10	15
---	----	----

ROUND 3

BACKSQUATS

5	10	15
---	----	----

HAND RELEASE PUSH-UPS

5	10	15
---	----	----

ATHLETE A
WORKOUT 1 :

ATHLETE B
WORKOUT 2 :

ATHLETE C
WORKOUT 3 :

ATHLETE B NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT ONE, TWO & THREE SCORECARD



SCALED OPTION

WORKOUT 3 - ATHLETE C / 15 MINUTE TIME-CAP

ROUND 1

BACKSQUATS

5	10	15	20
---	----	----	----

PULL UPS

5	10
---	----

ROUND 2

BACKSQUATS

5	10	15	20
---	----	----	----

PULL UPS

5	10
---	----

ROUND 3

BACKSQUATS

5	10	15	20
---	----	----	----

PULL UPS

5	10
---	----

**ATHLETE A
WORKOUT 1**

**ATHLETE B
WORKOUT 2**

**ATHLETE C
WORKOUT 3**

ATHLETE C NAME

SIGNATURE

JUDGE NAME
