



WORKOUT ONE

PRESENTED BY **WHOOP™**

**ALL ATHLETES INDIVIDUALLY COMPLETE,
5 ROUNDS FOR TIME**

21 DUMBBELL THRUSTERS (35, 20LB)

15 TOES-TO-BAR

9 BURPEE BOX JUMP OVERS (30, 24")

TIME CAP /

20 MIN

SCORE /

TOTAL TIME

ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS

ALL ATHLETES INDIVIDUALLY COMPLETE,
5 ROUNDS FOR TIME

21 DUMBBELL THRUSTERS (20, 10LB)

15 HANGING KNEE RAISES

9 BURPEE BOX JUMP OVERS (20, 14")

EQUIPMENT /

Dumbbells, Plyo Box, Pull Up Bar

If performing in kilograms: **35lb = 16kg, 20lb = 9kg, 10lb = 5kg**



FLOW /

At the start of the ascending clock, the athlete (START STANDING TALL) may begin their set of 21 Dumbbell Thrusters. Once the 21 Dumbbell Thrusters have been completed, they can begin their 15 Toes To Bar.

After those repetitions are done, they can begin 9 Burpee Box Jump Overs.

When performing the Burpee Box Jump Overs, athletes must face the box.

Athletes must use a standard plyometric box that measures the prescribed height. Smaller boxes cannot be used regardless if one side measures the prescribed height.

After the 9th Burpee Box Jump Over, the athlete will continue until the 5 rounds have been completed.

Time can be noted once all 5 rounds are finished if the athlete completes the workout within the 20:00 time cap.

All athletes performing the prescribed version of the workout **MUST** use a standard box. No plates, no mats, etc. Only a standard box. A "soft box" is acceptable.

Athletes performing the alternate version may use plates to reach the designated height if they do not have a correct size box.

MOVEMENT STANDARDS /

DUMBBELL THRUSTER /

Using two dumbbells, the athlete must pass through a front squat, with the athlete's hip crease passing below the top of their knee. Then, the athlete must extend their hips and knees while simultaneously pressing upward on the dumbbell, to finish with the dumbbell locked out overhead, with the athlete's hips, knees, shoulders, and arms extended, with the dumbbells over the athlete's center of mass.

The athlete may "thruster-jerk" as long as they finish the ROM showing a clear extension of hip, knees, shoulders, and elbows..

Finally, the athlete may start each set by performing a squat clean thruster.

TOES TO BAR /

The Toes To Bar requires an athlete to 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 plane created by the pull-up bar, and finishes with both feet simultaneously making contact with the pull-up bar, between the athlete's hands.

BURPEE BOX JUMP OVER /

The burpee box jump begins with an athlete using a box set to the required height. Each repetition begins with the athlete facing the box. The athlete shall then perform a burpee, facing the box.



MOVEMENT STANDARDS (CONT.) /

BURPEE BOX JUMP OVER (CONT.) /

This requires the athlete's chest and thighs to come in contact with the floor. After the athlete comes in contact with the floor, they can come to the top of their burpee by stepping or jumping up.

The athlete must then jump themselves to a standing position with both feet in contact with the floor.

From here, the athlete must jump with a two-foot takeoff either on top of the box or directly over the box. If landing on top of the box, the athlete may step or jump down on the opposite side. However, both feet must pass directly over the box. Also, no hip extension is required on top of the box or at any point.

Once both of the athlete's feet come in contact with the ground on the opposite side of the box in which the repetition started, that rep shall be counted.

The athlete must always start each repetition facing the box. Lateral burpees to the box will not be accepted.

Athletes may only use the standard 30/24/20" box. No other boxes may be used regardless if the height meets the prescribed standard.

A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

Athletes performing the Alternate version may step up and/or off of the box.

SCORING /

This workout is scored by the total time it takes athletes to complete the prescribed repetitions within the 20 minute time cap. Any unfinished repetitions will be counted as penalty reps against the athlete's total time.

Your team score is the total time of all athletes. If an athlete does not finish within the allocated time, their time will be time cap + 1 second for every incomplete rep. For example. If an athlete has 5 reps left, their time will be 20:05.

VIDEO SUBMISSION /

Prior to starting, the athlete must state their name, workout being performed and clearly film the barbell and weights to be used so the weight can be identified. The height of the box must be measured and clearly shown in the video.

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



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VIDEO SUBMISSION (CONT.) /

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.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



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SCORECARD

PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: DECEMBER 16TH AT 8PM EST

5 ROUNDS FOR TIME

ROUND ONE

21
21

DUMBBELL TRUSTERS

15
36

TOES TO BAR

9
45

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND TWO

21
66

DUMBBELL TRUSTERS

15
81

TOES TO BAR

9
90

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND THREE

21
111

DUMBBELL TRUSTERS

15
126

TOES TO BAR

9
135

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND FOUR

21
156

DUMBBELL TRUSTERS

15
171

TOES TO BAR

9
180

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND FIVE

21
201

DUMBBELL TRUSTERS

15
216

TOES TO BAR

9
225

BURPEE BOX JUMP OVERS

ROUND COMPLETE

TOTAL TIME

TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



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SCORECARD

ALTERNATE WORKOUT / SCORE SUBMISSION DUE: DECEMBER 16TH AT 8PM EST

5 ROUNDS FOR TIME

ROUND ONE

21
21

DUMBBELL TRUSTERS

15
36

HANGING KNEE RAISES

9

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND TWO

21
66

DUMBBELL TRUSTERS

15
81

HANGING KNEE RAISES

9

BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND THREE

21
111

DUMBBELL TRUSTERS

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126

HANGING KNEE RAISES

9
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BURPEE BOX JUMP OVERS

ROUND COMPLETE

ROUND FOUR

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ROUND FIVE

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BURPEE BOX JUMP OVERS

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ATHLETE NAME _____

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