

## WORKOUT ONE PRESENTED BY TYR

### SEATED 1 (WITHOUT HIP FUNCTION)

9 MIN AMRAP

**+3 HANG POWER SNATCHES**

**+3 BOX DIPS**

**30 MULTI ROPES**

RD 1 - 3/3/30  
RD 2 - 6/6/30  
RD 3 - 9/9/30  
RD 4 - 12/12/30  
RD 5 - 15/15/30

WEIGHTS VARY FOR S2, S1 AND SQ SEE BELOW FOR WEIGHT VARIATIONS

### SEATED 2 (WITH HIP FUNCTION)

9 MIN AMRAP

**+3 HANG POWER SNATCHES**

**+3 BOX DIPS**

**30 MULTI ROPES**

RD 1 - 3/3/30  
RD 2 - 6/6/30  
RD 3 - 9/9/30  
RD 4 - 12/12/30  
RD 5 - 15/15/30

WEIGHTS VARY FOR S2, S1 AND SQ SEE BELOW FOR WEIGHT VARIATIONS

### SEATED QUAD (WITHOUT HIP FUNCTION & LIMITED HAND FUNCTION)

9 MIN AMRAP

**+3 HANG POWER SNATCHES**

**+3 BOX DIPS**

**30 MULTI ROPES**

RD 1 - 3/3/30  
RD 2 - 6/6/30  
RD 3 - 9/9/30  
RD 4 - 12/12/30  
RD 5 - 15/15/30

WEIGHTS VARY FOR S2, S1 AND SQ SEE BELOW FOR WEIGHT VARIATIONS

## SEATED SCALED

9 MIN AMRAP

**+3 HANG POWER SNATCHES**

**+3 CHAIR DIPS**

**30 CORE TWISTS**

RD 1 - 3/3/30

RD 2 - 6/6/30

RD 3 - 9/9/30

RD 4 - 12/12/30

RD 5 - 15/15/30

### SEATED 1 (WITHOUT HIP)

65, 35 LB DUMBBELL

### SEATED 2 (WITH HIP)

75, 45 LB DUMBBELL

### SEATED QUAD

55, 25 LB DUMBBELL

### SCALED SEATED

35, 15 LB DUMBBELL

## REQUIRED EQUIPMENT /

Barbell, Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division\*, Multi-ropes, 2 plyo boxes or equivalent

## FLOW /

This event is for as many reps as possible in 9 minutes.

This event begins with the athlete seated tall at their barbell. At the call of 3,2,1 GO athletes will pick up their equipment to begin 3 hang power snatches. Quad Athletes may have assistance with picking up the bar to their lap or boxes.

## **FLOW /**

At the completion of the first movement, athletes will perform 3 Dips according to Rx or Scaled.

At the completion of the dips, athletes will perform 30 Multi Rope Swings or Core Twists according to your completion or Rx or Scaled..

At the completion of the Multi ropes, athletes will begin round 2, performing 6 hang power, 6 dips and 30 Multi Ropes.

Round 3 will consist of 9 hang power, 9 Dips and 30 Multi Ropes.

Athletes will continue in this fashion, adding 3 reps of the barbell, for 9 minutes.

At the completion of 9 minutes, the workout will end and the total number reps completed over 9 minutes will be the athletes score.

## **SCORING /**

The score is the athlete's total rounds and reps completed in 9 minutes.

## **MOVEMENT STANDARDS /**

### ***HANG POWER SNATCH***

Each repetition must start from the hang ( Barbell on your Lap or boxes at the height where the barbell is no more than 3 inches higher than your Lap) . Any repetition taken from the floor must stop at the Lap, The Barbell cannot go directly from floor to overhead without stopping at the lap. The barbell must remain above the knee at the initiation of each rep. The rep is counted with the bar coming to full lockout overhead with the athlete sitting tall, shoulders over hips and arms fully extended, and the bar directly over the middle of the body. Power snatching the barbell from the ground in one continuous motion is not permitted.

## MOVEMENT STANDARDS (CONT.) /

### **BOX DIPS**

The athlete will perform this movement from outside of the wheelchair or assistive device. no athletes may use any item to sit off like a box or bench ect.

Boxes will be positioned at a height so that at the bottom of the Dip the elbows and shoulders are at the same level. Knees or feet may be touching the ground during the bottom portion of the Dip. At the top of the Dip knees must come off the ground and arms must lock out directly parallel to the midline. Hands must be in line with hips at the top of the dip, they may not be positioned behind or in front of the hips. Locked out will consist of elbows fully extended at the top of the rep. Reps will be counted at the top of the Dip. Athletes may use plates to adjust the height of the dip station.

(Scaled) For Athletes performing the scaled version of the workout, athletes will position themselves to have boxes on both sides of their chair. The athlete will then press themselves upward until arms lock outand buttox is off the seat. Athletes may sit in their chair fully supported at the bottom of the chair dip.

### **MULTI ROPES**

Each rotation is worth a rep, ropes must make contact with ground at the bottom of the swing and must swing in a synchronized pattern together. One rope swinging opposite of the swing will be considered no rep.

(Scaled) For athletes performing the scaled version of the workout, athletes will perform 30 core twists. This Movement will consist of the athlete seated in their chair and rotating touching side to side of their hips. Each rotation ( one touch of the hip) WILL COUNT AS 1 REP.

## VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.

## ALL ADAPTIVE SEATED DIVISIONS

ROUND OF 3	3	3	3	6	30	36
ROUND OF 6	6	42	6	48	30	78
ROUND OF 9	9	87	9	96	30	126
ROUND OF 12	12	138	12	150	30	180
ROUND OF 15	15	195	15	210	30	240
ROUND OF 18	18	258	18	276	30	306
ROUND OF 21	21	327	21	348	30	378
ROUND OF 24	24	402	24	426	30	456
ROUND OF 27	27	483	27	510	30	540
ROUND OF 30	30	570	30	600	30	630

TOTAL REPS

ATHLETE NAME

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SIGNATURE

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JUDGE NAME

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