



WORKOUT FIVE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

WORKOUT

FIVE

PRESENTED BY  **U.S. ARMY**

TIME-CAP: 6 MINUTES

UPPER BELOW ELBOW

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*6"

UPPER ABOVE ELBOW

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*6"

SHORT STATURE

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*2"

LOWER MINOR

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*6"

LOWER BELOW KNEE

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*5"

LOWER ABOVE KNEE

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*4"

SENSORY

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*EXTENSION

NEURO MINOR

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*6"

NEURO MODERATE

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT BURPEES
2 TARGET**

*4"

NEURO MAJOR

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT KNEE
BURPEES 2 TARGET**

*EXTENSION

SEATED 2

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT KNEE
BURPEES 2 TARGET**

*EXTENSION

SEATED 1

6 ROUNDS
30 SEC ON, 30 SEC OFF

**MAX EFFORT KNEE
BURPEES 2 TARGET**

*EXTENSION



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SCORING

The score for this workout is the total reps completed over 6 rounds.

TIEBREAK: None

FLOW

Workout 5 is 6 rounds of 30 seconds of work with 30 seconds of rest. Score is the total number of burpees over all 6 rounds. Athletes doing burpees to a target, must measure that target at the prescribed height past fingertips when standing tall, arms extended. On 3,2,1, Go, athletes will begin doing burpees or burpees to a target. After 30 seconds of work, athletes will rest for 30 seconds. If rest duration is violated, a major penalty will be applied.

To get credit for the score, athletes must provide a video of their effort. Video must include a full view of all included equipment. Athletes must also show measured target while standing tall and arms fully extended and reiterate name and division. If an athlete is out of frame for any part of the video, credit will not be given.

REQUIRED EQUIPMENT

Target for burpees

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

MOVEMENT STANDARDS**UPPER RX BELOW ELBOW****BURPEES TO TARGET 6"**

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach UE limbs above head and make hand contact with target overhead before returning to the floor for the next repetition.

UPPER RX ABOVE ELBOW**BURPEES TO TARGET 6"**

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach UE limbs above head and make hand contact with target overhead before returning to the floor for the next repetition.

UPPER RX SHORT STATURE**BURPEES TO TARGET 2"**

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

LOWER RX MINOR**BURPEES TO TARGET 6"**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

LOWER RX BELOW KNEE**BURPEES TO TARGET 5"**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

LOWER RX ABOVE KNEE**BURPEES TO TARGET 4"**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

MOVEMENT STANDARDS (CONT.)**UPPER RX SENSORY****BURPEES**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- Air must pass under the athletes feet in jumping motion.
- The athlete will reach hands above head before returning to the floor for the next repetition.

NEURO RX MINOR**BURPEES TO TARGET 6"**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

NEURO RX MODERATE**BURPEES TO TARGET 4"**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete will reach hands above head and make contact with the designated target before returning to the floor for the next repetition.

NEURO RX MAJOR**BURPEES**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- Air must pass under the athletes feet in jumping motion.
- The athlete will reach hands above head before returning to the floor for the next repetition.

SEATED RX 2**BURPEES**

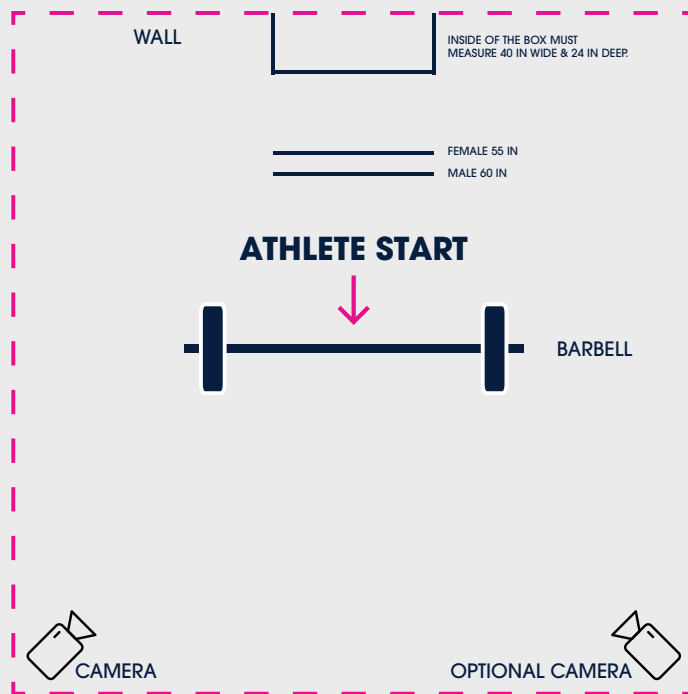
- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete must clap in front of the body to show control before returning to the ground for subsequent reps.

SEATED RX 1**BURPEES**

- Athletes will begin on the floor with the chest and thighs touching the ground at the bottom.
- At the top of the burpee the athlete must extend with hips open and shoulders above the hips.
- The athlete must clap in front of the body to show control before returning to the ground for subsequent reps.

FILMING RECOMMENDATIONS

- 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 is recommended to be visible throughout the entire 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.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.





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UPPER RX

MAX EFFORT BURPEES TO TARGET

UPPER BE/AE - 6", SHORT STATURE - 2"

ROUND 1 30 SECONDS		ROUND 2 30 SECONDS		ROUND 3 30 SECONDS		ROUND 4 30 SECONDS		ROUND 5 30 SECONDS		ROUND 6 30 SECONDS
	30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST	

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





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LOWER RX

MAX EFFORT BURPEES TO TARGET

LOWER MINOR - 6", LOWER BK - 5", LOWER AK - 4", SENSORY - EXTENTION

ROUND 1 30 SECONDS		ROUND 2 30 SECONDS		ROUND 3 30 SECONDS		ROUND 4 30 SECONDS		ROUND 5 30 SECONDS		ROUND 6 30 SECONDS
	30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST	

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





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NEURO RX

MAX EFFORT BURPEES TO TARGET

NEURO MINOR - 6", NEURO MODERATE - 4", NEURO MAJOR - EXTENTION

ROUND 1 30 SECONDS		ROUND 2 30 SECONDS		ROUND 3 30 SECONDS		ROUND 4 30 SECONDS		ROUND 5 30 SECONDS		ROUND 6 30 SECONDS
	30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST	

TOTAL REPS COMPLETED

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ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





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SEATED RX

MAX EFFORT KNEE BURPEES TO TARGET

SEATED 2 - EXTENTION, SEATED 1 - EXTENTION

ROUND 1 30 SECONDS		ROUND 2 30 SECONDS		ROUND 3 30 SECONDS		ROUND 4 30 SECONDS		ROUND 5 30 SECONDS		ROUND 6 30 SECONDS
	30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST		30 SEC REST	

TOTAL REPS COMPLETED

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ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





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SUBMISSION CHECKLIST

- ☐ Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, September 25 @ 8 p.m. ET?
- ☐ Is your video playable, publicly viewable and free of copyright issues?
- ☐ Did you show or state your name, division and workout being performed, for this workout?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in video?
- ☐ Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- ☐ Is your video clear of obstructions?
- ☐ Are you submitting the correct video for this specific workout?