



WORKOUT FIVE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

WORKOUT FIVE

PRESENTED BY U.S. ARMY

12 MIN AMRAP

100 DOUBLE-UNDERS

25FT DOUBLE DB SIDE WALKING LUNGES (50, 35LB)

15 DOUBLE DB SHOULDER-TO-OVERHEAD (50, 35LB)

25FT DOUBLE DB FR WALKING LUNGE (50, 35LB)

TIME CAP /

12 Minutes

SCORE /

Total Reps Completed

**ELITE, RX, OPEN, 16-18, 35-39,
40-44, 45-49, 50-54**

100 DOUBLE-UNDERS
25FT DOUBLE DB SIDE WALKING LUNGES
15 DB SHOULDER-TO-OVERHEAD
25FT DOUBLE DB FR WALKING LUNGE

(50, 35LB)

MODIFIED

100 SINGLE OR DOUBLE-UNDERS
25FT DOUBLE DB SIDE WALKING LUNGES
15 DB SHOULDER-TO-OVERHEAD
25FT DOUBLE DB FR WALKING LUNGES

(25, 15LB)

13-15, 55-59

100 DOUBLE-UNDERS
25FT DOUBLE DB SIDE WALKING LUNGES
15 DB SHOULDER-TO-OVERHEAD
25FT DOUBLE DB FR WALKING LUNGE

(35, 20LB)

60+

50 DOUBLE-UNDERS
25FT DOUBLE DB SIDE WALKING LUNGES
15 DB SHOULDER-TO-OVERHEAD
25FT DOUBLE DB FR WALKING LUNGES

(35, 20LB)



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SCORING

The score for this workout is the total reps completed over 12 minutes. *5 foot lunge = 1 rep / 25 foot

TIEBREAK: None

FLOW

This workout starts with the athlete standing tall with their jump rope in their hands. At the start of the clock, the athlete will perform their prescribed number of jump ropes, then at their prescribed dumbbell weight; a 25 foot walking lunge with the dumbbells held in the hang position, 15 double dumbbell shoulder to overhead and then a 25 foot walking lunge with the dumbbells held in the front rack position. At the completion of the front rack lunge, athletes will go back to their jump rope to begin round 2 of this workout. Athletes will continue in this fashion for 12 minutes accumulating as many reps as possible.

Modified division has the option to perform 100 double or single unders. Masters 60+ will perform 50 double unders.

REQUIRED EQUIPMENT

Jump rope, Tape to mark the floor, Dumbbell of appropriate weight for the athletes division.*

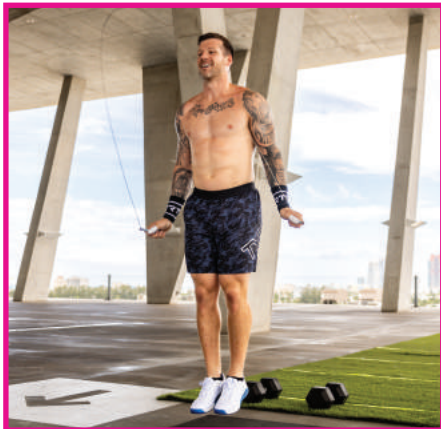
The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbell;

50lb - 22.5kg / 45lb - 20kg / 35lb - 15kg / 20lb - 9kg / 15lb - 7.5kg

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



DOUBLE UNDERS

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

SINGLE UNDERS

- Modified division has the option to perform single unders.
- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.



DOUBLE DUMBBELL SIDE WALKING LUNGE (HANG POSITION)

- During the walking lunges:
 - The dumbbells must be held at the hang.
 - No portion of the dumbbell may be supported by the legs or torso.
 - This position must be maintained for the entire 25-foot section.
- Athletes may NOT use gymnastics grips during the walking lunges.
- Each length of the 25-foot (7.62-meter) measured distance will count as 5 reps. 5 feet = 1 rep.
- Each lunge step begins with the dumbbells in the appropriate position, the feet together and behind the line, and the hips and legs extended.
- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- The athlete may start each 25-foot section with either leg.
- The rep is credited when the feet are together and in front of the line and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- In the event of a no rep for any reason, including moving the dumbbells out of the required position, the athlete must begin again from behind the line of the previously completed 5 foot section.

MOVEMENT STANDARDS (CONT.)



DOUBLE DUMBBELL SHOULDER TO OVERHEAD

- Each rep begins with the dumbbells in the front rack position on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.
- When holding the dumbbells in the front rack position, one head of each of the dumbbells must touch each shoulder and the elbows must remain in the frontal plane of the body.
- A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the dumbbells finish directly over the body with the feet in line.
- If an athlete uses a split jerk, their feet must return under the hips to meet the requirement of elbow, shoulder, hips and knees all being fully extended and weight over the heels.
- Athletes may NOT use gymnastics grips or straps during this movement.



DOUBLE DUMBBELL FRONT RACK WALKING LUNGE

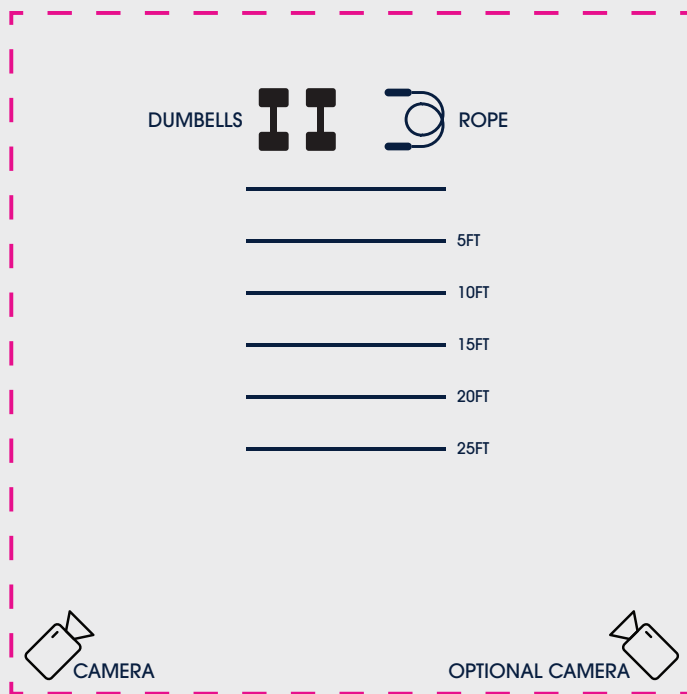
- During the front-rack walking lunges:
 - The dumbbells must remain at the shoulders.
 - A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
 - Resting the head of the dumbbells on the shoulders is allowed.
 - Resting the handle of the dumbbell or the hands directly on the shoulder is NOT allowed.
 - Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is NOT allowed.
 - The athlete must finish each 5 foot section and the entire 25-foot

section with both feet over the line, knees and hips extended, and the dumbbells in the rack position before lowering the dumbbells from the shoulders.

- Athletes may NOT use gymnastics grips during the walking lunges.
- Each length of the 25-foot (7.62-meter) measured distance will count as 5 reps. 5 feet = 1 rep.
- Each lunge step begins with the dumbbells in the appropriate position, the feet together and behind the line, and the hips and legs extended.
- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- The athlete may start each 25-foot section with either leg.
- The rep is credited when the feet are together and in front of the line and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- In the event of a no rep for any reason, including moving the dumbbells out of the required position, the athlete must begin again from behind the line of the previously completed 5 foot section.

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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ELITE, RX, OPEN, 16-18, 35-39, 40-44, 45-49, 50-54

	RD 1	RD 2	RD 3	RD 4	RD 5
100 DOUBLE UNDERS	100	225	350	475	600
25FT DBL DB SIDE WALKING LUNGE* (50/35)	105	230	355	480	605
15 DBL DB SH-TO-OH	120	245	370	495	620
25FT DBL DB FRONT RACK WALKING LUNGE* (50/35)	125	250	375	500	625

*(5FT=1REP/25FT=5REPS)

	RD 6	RD 7	RD 8	RD 9	RD 10
100 DOUBLE UNDERS	725	850	975	1100	1225
25FT DBL DB SIDE WALKING LUNGE* (50/35)	730	855	980	1105	1230
15 DBL DB SH-TO-OH	745	870	995	1120	1245
25FT DBL DB FRONT RACK WALKING LUNGE* (50/35)	750	875	1000	1125	1250

*(5FT=1REP/25FT=5REPS)

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





WORKOUT FIVE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

MODIFIED

	RD 1	RD 2	RD 3	RD 4	RD 5
100 DOUBLE OR SINGLE UNDERS	100	225	350	475	600
25FT DBL DB SIDE WALKING LUNGE* (25/15)	105	230	355	480	605
15 DBL DB SH-TO-OH	120	245	370	495	620
25FT DBL DB FRONT RACK WALKING LUNGE* (25/15)	125	250	375	500	625

*(5FT=1REP/25FT=5REPS)

	RD 6	RD 7	RD 8	RD 9	RD 10
100 DOUBLE OR SINGLE UNDERS	725	850	975	1100	1225
25FT DBL DB SIDE WALKING LUNGE* (25/15)	730	855	980	1105	1230
15 DBL DB SH-TO-OH	745	870	995	1120	1245
25FT DBL DB FRONT RACK WALKING LUNGE* (25/15)	750	875	1000	1125	1250

*(5FT=1REP/25FT=5REPS)

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

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WORKOUT FIVE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

13-15, 55-59

	RD 1	RD 2	RD 3	RD 4	RD 5
100 DOUBLE UNDERS	100	225	350	475	600
25FT DBL DB SIDE WALKING LUNGE* (35/20)	105	230	355	480	605
15 DBL DB SH-TO-OH	120	245	370	495	620
25FT DBL DB FRONT RACK WALKING LUNGE* (35/20)	125	250	375	500	625

*(5FT=1REP/25FT=5REPS)

	RD 6	RD 7	RD 8	RD 9	RD 10
100 DOUBLE UNDERS	725	850	975	1100	1225
25FT DBL DB SIDE WALKING LUNGE* (35/20)	730	855	980	1105	1230
15 DBL DB SH-TO-OH	745	870	995	1120	1245
25FT DBL DB FRONT RACK WALKING LUNGE* (35/20)	750	875	1000	1125	1250

*(5FT=1REP/25FT=5REPS)

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

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SIGNATURE _____

JUDGE NAME _____





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SCORES DUE SEPTEMBER 25TH @ 8PM ET

60+

	RD 1	RD 2	RD 3	RD 4	RD 5
50 DOUBLE UNDERS	50	125	200	275	350
25FT DBL DB SIDE WALKING LUNGE* (35/20)	55	130	205	280	355
15 DBL DB SH-TO-OH	70	145	220	295	370
25FT DBL DB FRONT RACK WALKING LUNGE* (35/20)	75	150	225	300	375

*(5FT=1REP/25FT=5REPS)

	RD 6	RD 7	RD 8	RD 9	RD 10
50 DOUBLE UNDERS	425	500	575	650	725
25FT DBL DB SIDE WALKING LUNGE* (35/20)	430	505	580	655	730
15 DBL DB SH-TO-OH	445	520	595	670	745
25FT DBL DB FRONT RACK WALKING LUNGE* (35/20)	450	525	600	675	750

*(5FT=1REP/25FT=5REPS)

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

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?