



WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

WORKOUT

ONE

PRESENTED BY



UPPER BELOW ELBOW

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OTB BURPEES

40 DU BETWEEN SETS

ROUND 1 - 95, 65

ROUND 2 - 135, 95

ROUND 3 - 155, 105

ROUND 4 - 185, 125

ROUND 5 - 225, 145

UPPER ABOVE ELBOW

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OTB BURPEES

40 DU BETWEEN SETS

ROUND 1 - 95, 65

ROUND 2 - 135, 95

ROUND 3 - 155, 105

ROUND 4 - 185, 125

ROUND 5 - 225, 145

SHORT STATURE

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OTB BURPEES

40 DU BETWEEN SETS

ROUND 1 - 65, 45

ROUND 2 - 85, 60

ROUND 3 - 105, 70

ROUND 4 - 135, 95

ROUND 5 - 155, 105

*LOW / MID / HIGH

LOWER MINOR

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OVER LINE BURPEES

60 SU BETWEEN SETS

ROUND 1 - 95, 65

ROUND 2 - 135, 95

ROUND 3 - 155, 105

ROUND 4 - 185, 125

ROUND 5 - 225, 145

LOWER BELOW KNEE

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OVER LINE BURPEES

60 SU BETWEEN SETS

ROUND 1 - 95, 65

ROUND 2 - 135, 95

ROUND 3 - 155, 105

ROUND 4 - 185, 125

ROUND 5 - 225, 145

*BOX SQUATS

LOWER ABOVE KNEE

15 MINUTE AMRAP

10-8-6-4-2

FRONT SQUATS

LAT. OVER LINE BURPEES

60 SU BETWEEN SETS

ROUND 1 - 75, 55

ROUND 2 - 115, 75

ROUND 3 - 135, 95

ROUND 4 - 155, 105

ROUND 5 - 205, 130

*BOX SQUATS



WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SENSORY

15 MINUTE AMRAP

10-8-6-4-2

**FRONT SQUATS
BURPEES TO EXT
60 SU BETWEEN SETS**

ROUND 1 - 95, 65
ROUND 2 - 135, 95
ROUND 3 - 155, 105
ROUND 4 - 185, 125
ROUND 5 - 225, 145

NEURO MINOR

15 MINUTE AMRAP

10-8-6-4-2

**FRONT SQUATS
LAT. OVER LINE BURPEES
60 SU BETWEEN SETS**

ROUND 1 - 95, 65
ROUND 2 - 135, 95
ROUND 3 - 155, 105
ROUND 4 - 185, 125
ROUND 5 - 225, 145

*BOX SQUATS

NEURO MODERATE

15 MINUTE AMRAP

10-8-6-4-2

**FRONT SQUATS
LAT. OVER LINE BURPEES
60 SU BETWEEN SETS**

ROUND 1 - 75, 55
ROUND 2 - 115, 75
ROUND 3 - 135, 95
ROUND 4 - 155, 105
ROUND 5 - 185, 125

*BOX SQUATS

NEURO MAJOR

15 MINUTE AMRAP

10-8-6-4-2

**FRONT SQUATS
LAT. OVER LINE BURPEES
30 SU BETWEEN SETS**

ROUND 1 - 55, 35
ROUND 2 - 75, 55
ROUND 3 - 95, 65
ROUND 4 - 115, 75
ROUND 5 - 145, 100

*BOX SQUATS

**EACH SU = 2 REPS

SEATED 2

15 MINUTE AMRAP

10-8-6-4-2

**BENCH PRESS
FLOOR TO BENCH
TRANSFER OVER
40 MB CORE TWISTS
BETWEEN SETS
20/14LB.**

ROUND 1 - 95, 65
ROUND 2 - 135, 95
ROUND 3 - 155, 105
ROUND 4 - 185, 125
ROUND 5 - 205, 130

SEATED 1

15 MINUTE AMRAP

10-8-6-4-2

**BENCH PRESS
5-4-3-2-1
FLOOR TO BENCH
TRANSFER OVER
40 MB CORE TWISTS
BETWEEN SETS
14/10LB.**

ROUND 1 - 75, 55
ROUND 2 - 95, 65
ROUND 3 - 115, 75
ROUND 4 - 145, 100
ROUND 5 - 185, 125



WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SCORING

The score for this workout is total reps completed over 15 minutes.

TIEBREAK: None

FLOW

Workout 1 is a 15 minute AMRAP. Athletes will begin by their rack. On 3,2,1 Go, standing athletes will begin their first round of Front squats. Seated athletes will do Bench press off the rack. Once the athlete completes 10 reps, they will then move to 10 reps of their burpee over bar or burpee, burpee, or floor transfer movement. Standing athletes are allowed two barbells during the workout (one in the rack and one for burpee movement). The Barbell utilized for burpee movement must have standard bumper plates on each end. Athletes will then complete the required reps for jump rope movement which will be the same amount for each round. When Rope movement is complete, Athletes will move back to the rack for their round of 8 at the same weight. Athletes will complete the round of 8 for rack movement and burpee movement then another set of Rope movement. Athletes will continue in this manner, reducing each round by 2 reps each, with the lowest round at 2 reps per. After the round of two each, athletes will complete prescribed reps of rope movement. Weight for the rack movement will increase after the set of 2. Athletes may have assistance in changing weights. If the clock has not reached 15 minutes, the athlete will amrap the final weight in the same fashion. The score is the total number of reps.

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 weights on the bar and reiterate their name and division. If an athlete is out of frame for any part of the video, credit will not be given. Video angle should include a clear view of the bottom position of the front squat for standing athletes.

REQUIRED EQUIPMENT

Barbell, plates, and collars*, Line (for line burpees), Jump Rope, Med Ball, Bench

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the front squats: 55lb - 25kg, 65lb - 29kg, 75lb - 34kg, 85lb - 38kg, 95lb - 43kg, 105lb - 47kg, 115lb - 52kg, 125lb - 56kg, 135lb - 61kg, 145lb - 65kg, 155lb - 70kg, 185lb - 83kg, 215lb - 97kg, 225lb - 102kg

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

REQUIRED EQUIPMENT (CONT.)

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

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position. Any grip or arm position is permitted.
- At the bottom, the crease of the hips must clearly pass below the top of the knees.
- The rep is credited when full extension of hips and knees are achieved and the barbell is supported in the front rack.

LATERAL BURPEE OVER BAR

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the barbell
- At the top of the burpee the athlete will jump over their barbell.
- Two feet must take off at the same time and land at the same time on the other side.

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.

UPPER RX ABOVE ELBOW

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position. Any grip or arm position is permitted.
- At the bottom, the crease of the hips must clearly pass below the top of the knees.
- The rep is credited when full extension of hips and knees are achieved and the barbell is supported in the front rack.

LATERAL BURPEE OVER BAR

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the barbell
- At the top of the burpee the athlete will jump over their barbell.
- Two feet must take off at the same time and land at the same time on the other side.

MOVEMENT STANDARDS (CONT.)

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.

UPPER RX SHORT STATURE

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top
- of the knees in the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

LATERAL BURPEE OVER BAR

- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the barbell
- At the top of the burpee the athlete will jump over their barbell.
- Two feet must take off at the same time and land at the same time on the other side.

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.

LOWER RX MINOR

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top
- of the knees in the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

MOVEMENT STANDARDS (CONT.)

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.

LOWER RX BELOW KNEE

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
 - A box may be used at the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

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.

LOWER RX ABOVE KNEE

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
 - A 20" box may be used at the bottom position.
 - If box is utilized, foot must come off the floor at the bottom position
 - Video submission should have a clear view of this standard.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

MOVEMENT STANDARDS (CONT.)

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

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.

LOWER RX SENSORY

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

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 athlete's feet in a jumping motion.
- The athlete will reach hands above head before returning to the floor for the next repetition.

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.

NEURO RX MINOR

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

MOVEMENT STANDARDS (CONT.)

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

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.

NEURO RX MODERATE

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

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.

NEURO RX MAJOR

FRONT SQUATS

- During the squat, the barbell must be supported in the front-rack position. Any grip or arm position is permitted.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
 - A box may be used at the bottom position.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The weight is resting in the front rack position.
 - The athlete's feet are in line with one another when the athletes are viewed from profile.

MOVEMENT STANDARDS (CONT.)

LATERAL BURPEE OVER LINE

- 4ft tape line needs to be clearly marked and visible on video.
- Athlete will begin on the floor with the chest and thighs touching the ground at the bottom parallel to the line.
- At the top of the burpee the athlete will jump over the tape line.
- Rep is complete when athlete is on opposite side of line than initial burpee.

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.

SEATED RX 2

BENCH PRESS

- Each rep will begin with arms fully locked out in front as the athlete lays on a bench.
- Athletes will lower the bar to chest then press to a locked out position.
- Athletes may NOT bounce bars off their chest.
- buttocks may NOT come off the bench at any time during the lift.
- Any downward motion of the bar during the press will result in a NO REP.

FLOOR TO BENCH TRANSFER OVERTS

- Rep will begin with buttocks out of chair and on the floor in front of bench
- Athletes will transfer onto the bench with standard bench height.
- Athletes will then transfer down to the floor on the opposite side of the bench than when they started.
- Rep is complete when the athlete's buttocks are on the floor on the opposite side.
- Padding or Matting on the floor is recommended for skin safety but cannot exceed 4 inches in thickness

MB CORE TWISTS

- Rep begins with med ball touching side of hip.
- Athletes will rotate the ball to the contralateral hip.
- Rep will not count if ball fails to reach outside of hip. Thigh or belly does not count
- If hand on same side of ball is posterior to the plane of the hip, rep will count.

SEATED RX 1

BENCH PRESS

- Each rep will begin with arms fully locked out in front as athlete lays on a bench.
- Athlete will lower the bar to chest then press to a locked out position.
- Athlete may NOT bounce bar off chest.
- buttocks may NOT come off the bench at any time during the lift.
- Any downward motion of the bar during the press will result in a NO REP.

MOVEMENT STANDARDS (CONT.)

FLOOR TO BENCH TRANSFER OVERS

- Rep will begin with buttocks out of chair and on the floor in front of bench
- Athlete will transfer onto the bench with standard bench height.
- Athlete will then transfer down to the floor on the opposite side of the bench than when started.
- Rep is complete when athlete's buttocks is on the floor on the opposite side.
- Padding or Matting on the floor is recommended for skin safety but cannot exceed 4 inches in thickness

MB CORE TWISTS

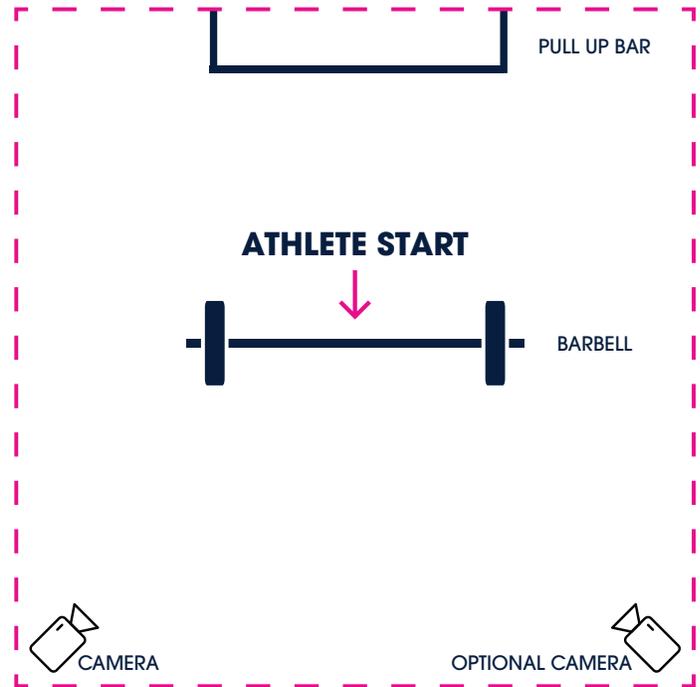
- Rep begins with medball touching side of hip.
- Athlete will rotate ball to contralateral hip.
- Rep will not count if ball fails to reach outside of hip. Thigh or belly does not count
- If hand on same side of ball is posterior to the plane of the hip, rep will count.

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?

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





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

UPPER BE, UPPER AE, SHORT STATURE

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 UPPER BE/AE (95/65) SHORT STATURE (65/45)	FRONT SQUATS	10	68	122	172	218
	LAT OTB BURPEE	20	76	128	176	220
	40 DU	60	116	168	216	260
ROUND 2 UPPER BE/AE (135/95) SHORT STATURE (85/60)	FRONT SQUATS	270	328	382	432	478
	LAT OTB BURPEE	280	336	388	436	480
	40 DU	320	376	428	476	520
ROUND 3 UPPER BE/AE (155/105) SHORT STATURE (105/70)	FRONT SQUATS	530	588	642	692	738
	LAT OTB BURPEE	540	596	648	696	740
	40 DU	580	636	688	736	780
ROUND 4 UPPER BE/AE (185/125) SHORT STATURE (135/95)	FRONT SQUATS	790	848	902	952	998
	LAT OTB BURPEE	800	856	908	956	1000
	40 DU	840	896	948	996	1040
ROUND 5 UPPER BE/AE (225/145) SHORT STATURE (155/105)	FRONT SQUATS	1050	1108	1162	1212	1258
	LAT OTB BURPEE	1060	1116	1168	1216	1260
	40 DU	1100	1156	1208	1256	1300
*IF COMPLETE ROUND 5 ROUND 6 UPPER BE/AE (225/145) SHORT STATURE (155/105)	FRONT SQUATS	1310	1368	1422	1472	1518
	LAT OTB BURPEE	1320	1376	1428	1476	1520
	40 DU	1360	1416	1468	1516	1560

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

LOWER MINOR, LOWER BK, LOWER AK

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 LOWER MINOR/BK (95/65) LOWER AK (65/45) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	10	88	162	232	298
	LAT OTL BURPEE	20	96	168	236	300
	60 SU	80	156	228	296	360
ROUND 2 LOWER MINOR/BK (135/95) LOWER AK (115/75) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	370	448	522	592	658
	LAT OTL BURPEE	380	456	528	596	660
	60 SU	440	516	588	656	720
ROUND 3 LOWER MINOR/BK (155/105) LOWER AK (135/95) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	730	808	882	952	1018
	LAT OTL BURPEE	740	816	888	956	1020
	60 SU	800	876	948	1016	1080
ROUND 4 LOWER MINOR/BK (185/125) LOWER AK (155/105) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	1090	1168	1242	1312	1378
	LAT OTL BURPEE	1100	1176	1248	1316	1380
	60 SU	1160	1236	1308	1376	1440
ROUND 5 LOWER MINOR/BK (225/145) LOWER AK (205/130) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	1450	1528	1602	1672	1738
	LAT OTL BURPEE	1460	1536	1608	1676	1740
	60 SU	1520	1596	1668	1736	1800
*IF COMPLETE ROUND 5 ROUND 6 LOWER MINOR/BK (225/145) LOWER AK (205/130) *BOX SQUATS LOWER BK/AK	FRONT SQUATS	1810	1888	1962	2032	2098
	LAT OTL BURPEE	1820	1896	1968	2036	2100
	60 SU	1880	1956	2028	2096	2160

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SENSORY

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 95/65	FRONT SQUATS	10	88	162	232	298
	BURPEE TO EXT	20	96	168	236	300
	60 SU	80	156	228	296	360
ROUND 2 135/95	FRONT SQUATS	370	448	522	592	658
	BURPEE TO EXT	380	456	528	596	660
	60 SU	440	516	588	656	720
ROUND 3 155/105	FRONT SQUATS	730	808	882	952	1018
	BURPEE TO EXT	740	816	888	956	1020
	60 SU	800	876	948	1016	1080
ROUND 4 185/125	FRONT SQUATS	1090	1168	1242	1312	1378
	BURPEE TO EXT	1100	1176	1248	1316	1380
	60 SU	1160	1236	1308	1376	1440
ROUND 5 225/145	FRONT SQUATS	1450	1528	1602	1672	1738
	BURPEE TO EXT	1460	1536	1608	1676	1740
	60 SU	1520	1596	1668	1736	1800
*IF COMPLETE ROUND 5 ROUND 6 225/145	FRONT SQUATS	1810	1888	1962	2032	2098
	BURPEE TO EXT	1820	1896	1968	2036	2100
	60 SU	1880	1956	2028	2096	2160

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

NEURO MINOR, NEURO MODERATE

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 NEURO MINOR (95/65) NEURO MODERATE (75/55) *BOX SQUATS	FRONT SQUATS	10	88	162	232	298
	LAT OTL BURPEE	20	96	168	236	300
	60 SU	80	156	228	296	360
ROUND 2 NEURO MINOR (135/95) NEURO MODERATE (115/75) *BOX SQUATS	FRONT SQUATS	370	448	522	592	658
	LAT OTL BURPEE	380	456	528	596	660
	60 SU	440	516	588	656	720
ROUND 3 NEURO MINOR (155/105) NEURO MODERATE (135/95) *BOX SQUATS	FRONT SQUATS	730	808	882	952	1018
	LAT OTL BURPEE	740	816	888	956	1020
	60 SU	800	876	948	1016	1080
ROUND 4 NEURO MINOR (185/125) NEURO MODERATE (155/105) *BOX SQUATS	FRONT SQUATS	1090	1168	1242	1312	1378
	LAT OTL BURPEE	1100	1176	1248	1316	1380
	60 SU	1160	1236	1308	1376	1440
ROUND 5 NEURO MINOR (225/145) NEURO MODERATE (185/125) *BOX SQUATS	FRONT SQUATS	1450	1528	1602	1672	1738
	LAT OTL BURPEE	1460	1536	1608	1676	1740
	60 SU	1520	1596	1668	1736	1800
*IF COMPLETE ROUND 5 ROUND 6 NEURO MINOR (225/145) NEURO MODERATE (185/125) *BOX SQUATS	FRONT SQUATS	1810	1888	1962	2032	2098
	LAT OTL BURPEE	1820	1896	1968	2036	2100
	60 SU	1880	1956	2028	2096	2160

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT
SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

NEURO MAJOR

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 55/35 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	10	88	162	232	298
	LAT OTL BURPEE	20	96	168	236	300
	30 SU	80	156	228	296	360
ROUND 2 75/55 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	370	448	522	592	658
	LAT OTL BURPEE	380	456	528	596	660
	30 SU	440	516	588	656	720
ROUND 3 95/65 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	730	808	882	952	1018
	LAT OTL BURPEE	740	816	888	956	1020
	30 SU	800	876	948	1016	1080
ROUND 4 115/75 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	1090	1168	1242	1312	1378
	LAT OTL BURPEE	1100	1176	1248	1316	1380
	30 SU	1160	1236	1308	1376	1440
ROUND 5 145/100 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	1450	1528	1602	1672	1738
	LAT OTL BURPEE	1460	1536	1608	1676	1740
	30 SU	1520	1596	1668	1736	1800
ROUND 6 145/100 *BOX SQUATS ** EACH SU = 2 REPS	FRONT SQUATS	1810	1888	1962	2032	2098
	LAT OTL BURPEE	1820	1896	1968	2036	2100
	30 SU	1880	1956	2028	2096	2160

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SEATED 2

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 95/65 20/14	BENCH PRESS	10	68	122	172	218
	FLOOR TO BENCH TRANSFER OVER	20	76	128	176	220
	40 MEDBALL TWISTS	60	116	168	216	260
ROUND 2 135/95 20/14	BENCH PRESS	270	328	382	432	478
	FLOOR TO BENCH TRANSFER OVER	280	336	388	436	480
	40 MEDBALL TWISTS	320	376	428	476	520
ROUND 3 155/105 20/14	BENCH PRESS	530	588	642	692	738
	FLOOR TO BENCH TRANSFER OVER	540	596	648	696	740
	40 MEDBALL TWISTS	580	636	688	736	780
ROUND 4 185/125 20/14	BENCH PRESS	790	848	902	952	998
	FLOOR TO BENCH TRANSFER OVER	800	856	908	956	1000
	40 MEDBALL TWISTS	840	896	948	996	1040
ROUND 5 205/130 20/14	BENCH PRESS	1050	1108	1162	1212	1258
	FLOOR TO BENCH TRANSFER OVER	1060	1116	1168	1216	1260
	40 MEDBALL TWISTS	1100	1156	1208	1256	1300
*IF COMPLETE ROUND 5 ROUND 6 205/130 20/14	BENCH PRESS	1310	1368	1422	1472	1518
	FLOOR TO BENCH TRANSFER OVER	1320	1376	1428	1476	1520
	40 MEDBALL TWISTS	1360	1416	1468	1516	1560

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SEATED 1

SET OF 10 SET OF 8 SET OF 6 SET OF 4 SET OF 2

ROUND 1 75/55 14/10	BENCH PRESS 10-8-6-4-2	10	68	122	172	218
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	20	76	128	176	220
	40 MEDBALL TWISTS	60	116	168	216	260

ROUND 2 95/65 14/10	BENCH PRESS 10-8-6-4-2	270	328	382	432	478
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	280	336	388	436	480
	40 MEDBALL TWISTS	320	376	428	476	520

ROUND 3 115/75 14/10	BENCH PRESS 10-8-6-4-2	530	588	642	692	738
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	540	596	648	696	740
	40 MEDBALL TWISTS	580	636	688	736	780

ROUND 4 145/100 14/10	BENCH PRESS 10-8-6-4-2	790	848	902	952	998
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	800	856	908	956	1000
	40 MEDBALL TWISTS	840	896	948	996	1040

ROUND 5 185/125 14/10	BENCH PRESS 10-8-6-4-2	1050	1108	1162	1212	1258
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	1060	1116	1168	1216	1260
	40 MEDBALL TWISTS	1100	1156	1208	1256	1300

*IF COMPLETE ROUND 5 ROUND 6 185/125 14/10	BENCH PRESS 10-8-6-4-2	1310	1368	1422	1472	1518
	FLOOR TO BENCH TRANSFER OVER 5-4-3-2-1	1320	1376	1428	1476	1520
	40 MEDBALL TWISTS	1360	1416	1468	1516	1560

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE

