



# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



## WORKOUT THREE

PRESENTED BY REIGN  
TOTAL BODY FUEL™

### UPPER BELOW ELBOW

15-20-25

**CAL ROW**

**WBS** (20, 14LB)

**GHD SIT UPS**

**BOX JUMP OVERS** (30, 24")

**SA DB SNATCH** (50, 35LB)

1 MIN REST AFTER EACH ROUND

### UPPER ABOVE ELBOW

15-20-25

**CAL ROW**

**WBS** (14, 10LB)

**GHD SIT UPS**

**BOX JUMP OVERS** (30, 24")

**SA DB SNATCH** (50, 35LB)

1 MIN REST AFTER EACH ROUND

### SHORT STATURE

15-20-25

**CAL ROW**

**WBS** (14, 10LB)

**GHD SIT UPS**

**BOX GET OVERS** (24, 20")

**SA DB SNATCH** (35, 20LB)

1 MIN REST AFTER EACH ROUND

\*WB HEIGHTS/DB #

### LOWER MINOR

15-20-25

**CAL ROW**

**WBS** (20, 14LB)

**PULL UPS**

**BOX GET OVERS** (30, 24")

**SA DB SNATCH** (50, 35LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS

### LOWER BELOW KNEE

15-20-25

**CAL ROW**

**WBS** (20, 14LB)

**PULL UPS**

**BOX GET OVERS** (24, 20")

**ALT DB SNATCH** (50, 35LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS

### LOWER ABOVE KNEE

15-20-25

**CAL ROW**

**WBS** (14, 10LB)

**PULL UPS**

**BOX GET OVERS** (24, 20")

**ALT DB SNATCH** (40, 25LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS

### SENSORY

15-20-25

**CAL ROW**

**WB THRUSTER** (20, 14LB)

**PULL UPS**

**BOX GET OVERS** (30, 24")

**ALT DB SNATCH** (50, 35LB)

1 MIN REST AFTER EACH ROUND

### NEURO MINOR

15-20-25

**CAL ROW**

**WBS** (20, 14LB)

**SIT UPS**

**BOX GET OVERS** (30, 24")

**SA DB SNATCH** (40, 25LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS

### NEURO MODERATE

15-20-25

**CAL ROW**

**WBS** (14, 10LB)

**SIT UPS**

**BOX GET OVERS** (24, 20")

**SA DB SNATCH** (35, 20LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS

\*9/7 HEIGHT



# WORKOUT THREE SCORECARD

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## NEURO MAJOR

15-20-25

**CAL ROW**

**WBS** (10, 6LB)

**SIT UPS**

**BOX GET OVERS** (20, 16")

**SA DB SNATCH** (25, 15LB)

1 MIN REST AFTER EACH ROUND

\*BOX WALLBALLS 9/7 HEIGHT

## SEATED 2

5-10-15

**CAL ROW**

10-15-20

**WBS** (14, 10LB)

**PULL UPS**

**BOX U-TURNS** (24, 20")

**ALT HANG DB  
SNATCH** (35, 20LB)

1 MIN REST AFTER EACH ROUND

\*9/7 HEIGHT

## SEATED 1

5-10-15

**CAL ROW**

10-15-20

**WBS** (14, 10LB)

**PULL UPS**

**BOX U-TURNS** (20")

**ALT HANG DB  
SNATCH** (30, 15LB)

1 MIN REST AFTER EACH ROUND

\*8/6 HEIGHT

## SCORING

The score for this workout is the time it takes to complete or the total reps completed within the time cap.

**TIEBREAK:** None

## FLOW

Workout 3 is 3 rounds for time with ascending rep count per round. There is a required 1 minute rest between rounds. Athletes will begin on the rower. On 3,2,1 Go, athlete will begin first round row for prescribed calories. Athlete will then move to their wallball and complete same amount of wallball shots. Once completed, athlete will continue to their gymnastics movement. When complete, athlete will move to their box for their box movement. The final movement of each round will be DB snatch. When final snatch rep is complete, the athlete must rest for 1 full minute. If rest time is violated, major penalty will be applied. After 1 minute rest, athlete will repeat each movement in same order for increased amount of reps each. They will repeat this for 3 total rounds at prescribed reps each round. Score is time completed. Time cap is 20 minutes.

To get credit for the score, athletes must provide a video of their effort. Video must include a full view of Concept 2 Rower Monitor as well as all included equipment. Athletes must also show weights, target heights and reiterate name and division. If an athlete is out of frame for any part of the video, credit will not be given.



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## REQUIRED EQUIPMENT

C2 rower, Medicine ball\* and target, GHD, Pull-Up Bar, Box of appropriate height for the athletes division. Dumbbell of appropriate weight for the athletes division.\*

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the medicine ball: 20lb - 9kg / 14lb - 6kg / 10lb - 4kg

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbell: 50lb - 22.5kg / 35lb - 15kg / 25lb - 11kg / 20lb - 10kg / 15lb - xxkg

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 ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

## MOVEMENT STANDARDS

### UPPER RX BELOW ELBOW

#### WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

#### GHD SITUPS

- Rep begins with hands touching the foot pads of the GHD.
- Athlete must touch the floor with shoulders below hips then return to a seated position
- For rep to count, shoulders must be over or in front of the hips and hands touch the foot pads.

#### BOX JUMP OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must jump on the box then over. Athlete may not clear the box.
- Extension is not required at the top
- The rep is credited when the athlete is on the opposite side of the box than the start

#### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athlete is only permitted to use one arm for all reps

### UPPER RX ABOVE ELBOW

#### ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.



# WORKOUT THREE SCORECARD

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## MOVEMENT STANDARDS

### WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

### GHD SITUPS

- Rep begins with hands touching the foot pads of the GHD.
- Athlete must touch the floor with shoulders below hips then return to a seated position
- For rep to count, shoulders must be over or in front of the hips and hands touch the foot pads.

### BOX JUMP OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must jump on the box then over. Athlete may not clear the box.
- Extension is not required at the top
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athlete is only permitted to use one arm for all reps

## UPPER RX SHORT STATURE

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

## MOVEMENT STANDARDS

### WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce

### GHD SITUPS TO PARALLEL

- Rep begins with hands touching the foot pads of the GHD.
- Athlete must extend so that shoulders break that parallel plane and are lower than the hips.
- For rep to count, shoulders must be over or in front of the hips and hands touch the foot pads.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.

### LOWER RX MINOR CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row

## MOVEMENT STANDARDS

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knees.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift feet off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce

### PULLUPS

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.

## LOWER RX BELOW KNEE

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knees.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift feet off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce

### PULLUPS

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.



## LOWER RX ABOVE KNEE

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knee.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift foot off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

### PULLUPS

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.

## LOWER RX SENSORY

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

### WB THRUSTER

- The crease of the hips must clearly pass below the top of the knees in the bottom position.
- A full squat clean into the thruster is allowed but not required when the WB is taken from the floor.
- The rep is credited when:
  - The athlete's hips, knees, and arms are fully extended.
  - The WB is directly over, or slightly behind, the middle of the body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.

### PULLUPS

- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start

### ALT DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.
- If rep is not completed on one arm, the athlete will not be allowed to continue the next arm and rep until the failed arm is completed.

## NEURO RX MINOR

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knees.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift feet off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

### SITUPS

- Rep begins with the back in contact with the floor and hands touching the floor above the head.
- Raise the torso until the hands touch the feet or floor in front.
- For rep to count, shoulders must be over or in front of the hips.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.



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## NEURO RX MODERATE

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knees.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift feet off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

### SITUPS

- Rep begins with the back in contact with the floor and hands touching the floor above the head.
- Raise the torso until the hands touch the feet or floor in front.
- For rep to count, shoulders must be over or in front of the hips..

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height



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## NEURO RX MAJOR

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

### BOX WALLBALLS

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- At the bottom, the hip crease must pass below the knees.
- Athletes may sit on or touch a box, bench, or similar stable surface.
- If the box height is higher than proper depth, athletes must lift feet off the ground before standing up from the bottom position.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

### SITUPS

- Rep begins with the back in contact with the floor and hands touching the floor above the head.
- Raise the torso until the hands touch the feet or floor in front.
- For rep to count, shoulders must be over or in front of the hips.

### BOX GET OVERS

- Athlete must start with both feet on the ground and face the side of the box.
- Athletes may NOT angle the box and jump on the corner.
- Athlete must get onto the box then over.
- Extension is not required at the top and athlete may use hands to assist.
- Lets must travel over the box not under.
- The rep is credited when the athlete is on the opposite side of the box than the start.

### SA DB SNATCH

- Rep will begin with at least one head of the DB on the ground.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may not use contralateral hand to stabilize or press off of leg.
- The dumbbell must finish directly over the midline and elbows, hips, and knees locked out
- Athletes are permitted to but not required to switch arms and repeat.
- Athletes may switch hands on the descent at or below head height.
- Athlete may not switch hands on the DB above head height.



# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



## SEATED RX 2

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row

### WALLBALLS

- The medicine ball must be in the support position in front of the body at the start of each repetition.
- The repetition is credited when the center of the ball hits the target above the specified height.
- If the ball hits low or does not hit the wall, it is a no rep.
- If the ball drops to the ground from the top, the ball may be caught off the bounce.
- Handlers may NOT retrieve ball for athlete.

### PULL UPS

- Athletes will start on the floor under the pull up bar.
- The athlete will then slide off the chair or box to set up in full Hang position. Feet can remain on the floor.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Each rep must start with this full arm extended hang position, buttox off the floor and arms at full extension.
- Rep is credited when the athlete clears the bar with the chin clearly above the pull up bar.
- The athlete then must return to the starting position in full Hang before attempting the next rep.
- Butterfly, kippling, Strict, switch grip or chin up grip are all acceptable as long as the above standards are met.

### BOX U-TURNS

- Each rep will start with the rear axles of the wheelchair past the front of the markers.
- The athlete will then pull backwards, spin away from the cone or box passing the rear axles past the front of the opposite side marker.
- The rep will count when both sides of the rear axle pass clear the front of the marker.
- If a “no rep” is received for any reason, the entire rep must be repeated.

### ALT HANG DB SNATCH

- Athletes will start seated in a chair or box with the dumbbell on a lap protection pad.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may use contralateral hand to stabilize on chair.
- The dumbbell must finish directly over the midline and elbows locked out before returning the dumbbell to lap.
- Athletes will then switch arms and repeat.
- If rep is not completed on one arm, the athlete will not be allowed to continue the next arm and rep until the failed arm is completed.
- Athletes may switch hands on descent of the dumbbell but the dumbbell must touch the lap before starting the next rep.

## SEATED RX 1

### CAL ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete must stay seated on the rower with hands on the handle until the monitor reads prescribed calories/meters.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

### WALLBALLS

- The medicine ball must be in the support position in front of the body at the start of each repetition.
- The repetition is credited when the center of the ball hits the target above the specified height.
- If the ball hits low or does not hit the wall, it is a no rep.
- If the ball drops to the ground from the top, the ball may be caught off the bounce.
- Handlers may NOT retrieve ball for athlete.

### PULL UPS

- Athletes will start on the floor under the pull up bar.
- The athlete will then slide off the chair or box to set up in full Hang position. Feet can remain on the floor.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- Each rep must start with this full arm extended hang position, buttox off the floor and arms at full extension.
- Rep is credited when the athlete clears the bar with the chin clearly above the pull up bar.
- The athlete then must return to the starting position in full Hang before attempting the next rep.
- Butterfly, kipping, Strict, switch grip or chin up grip are all acceptable as long as the above standards are met.

### BOX U-TURNS

- Each rep will start with the rear axles of the wheelchair past the front of the markers.
- The athlete will then pull backwards, spin away from the cone or box passing the rear axles past the front of the opposite side marker.
- The rep will count when both sides of the rear axle pass clear the front of the marker.
- If a “no rep” is received for any reason, the entire rep must be repeated.

### ALT HANG DB SNATCH

- Athletes will start seated in a chair or box with the dumbbell on a lap protection pad.
- The athlete will single arm snatch the db to lock out overhead.
- Athlete may use contralateral hand to stabilize on chair.
- The dumbbell must finish directly over the midline and elbows locked out before returning the dumbbell to lap.
- Athletes will then switch arms and repeat.
- If rep is not completed on one arm, the athlete will not be allowed to continue the next arm and rep until the failed arm is completed.
- Athletes may switch hands on descent of the dumbbell but the dumbbell must touch the lap before starting the next rep.



# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



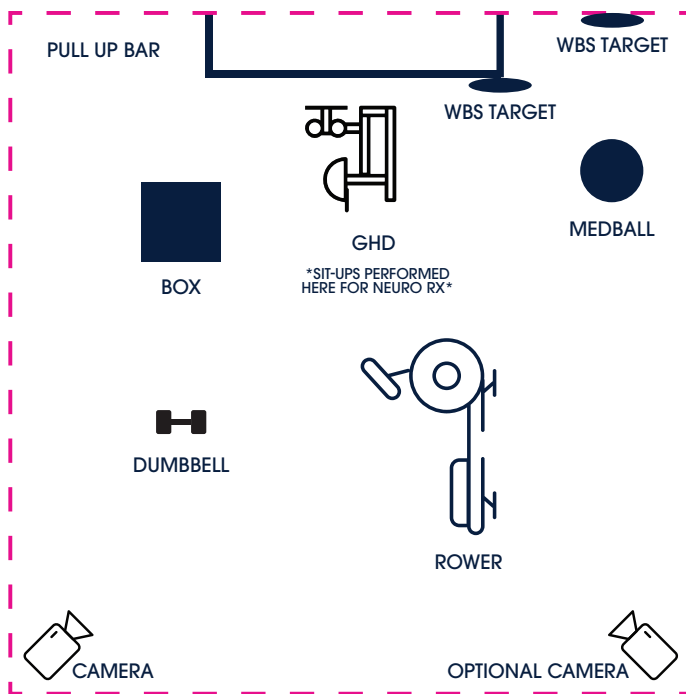
## SUBMISSION CHECKLIST

- ☐ 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 video.





# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



## UPPER RX

	ROUND OF 15
CALORIES ON ROWER	15
WALL-BALL* (20/14)	30
GHD SIT-UPS	45
BOX JUMP OVERS** (30"/24")	60
SA DB SNATCH*** (50/35)	75
1 MINUTE REST	

\*UPPER AE/SHORT STATURE (14/10)  
\*\*SHORT STATURE (24"/20")  
\*\*\*SHORT STATURE (35/20)

	ROUND OF 20
CALORIES ON ROWER	95
WALL-BALL* (20/14)	115
GHD SIT-UPS	135
BOX JUMP OVERS** (30"/24")	155
SA DB SNATCH*** (50/35)	175
1 MINUTE REST	

\*UPPER AE/SHORT STATURE (14/10)  
\*\*SHORT STATURE (24"/20")  
\*\*\*SHORT STATURE (35/20)

	ROUND OF 25
CALORIES ON ROWER	200
WALL-BALL* (20/14)	225
GHD SIT-UPS	250
BOX JUMP OVERS** (30"/24")	275
SA DB SNATCH*** (50/35)	300

\*UPPER AE/SHORT STATURE (14/10)  
\*\*SHORT STATURE (24"/20")  
\*\*\*SHORT STATURE (35/20)

TIME COMPLETED

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_





# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



## LOWER RX

	ROUND OF 15
CALORIES ON ROWER	15
BOX WALL-BALL* (20/14)	30
PULL-UPS	45
BOX GET OVERS** (30"/24")	60
ALT DB SNATCH*** (50/35)	75
1 MINUTE REST	

\*LOWER AK (14/10), SENSORY - WB THRUSTER (20/14)

\*\*LOWER BK/AK (24"/20")

\*\*\*LOWER AK (40/25), LOWER MINOR - SA DB SNATCH

	ROUND OF 20
CALORIES ON ROWER	95
BOX WALL-BALL* (20/14)	115
PULL-UPS	135
BOX GET OVERS** (30"/24")	155
ALT DB SNATCH*** (50/35)	175
1 MINUTE REST	

\*LOWER AK (14/10), SENSORY - WB THRUSTER (20/14)

\*\*LOWER BK/AK (24"/20")

\*\*\*LOWER AK (40/25), LOWER MINOR - SA DB SNATCH

	ROUND OF 25
CALORIES ON ROWER	200
BOX WALL-BALL* (20/14)	225
PULL-UPS	250
BOX GET OVERS** (30"/24")	275
ALT DB SNATCH*** (50/35)	300

\*LOWER AK (14/10), SENSORY - WB THRUSTER (20/14)

\*\*LOWER BK/AK (24"/20")

\*\*\*LOWER AK (40/25), LOWER MINOR - SA DB SNATCH

TIME COMPLETED

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_





# WORKOUT THREE SCORECARD

SCORES DUE SEPTEMBER 25TH @ 8PM ET



## NEURO RX

	ROUND OF 15
CALORIES ON ROWER	15
BOX WALL-BALL* (20/14)	30
SIT-UPS	45
BOX GET OVERS** (30"/24")	60
SA DB SNATCH*** (40/25)	75
1 MINUTE REST	

\*MODERATE (14/10)(9'/7'), MAJOR (10/6)(9'/7')

\*\*MODERATE (24"/20"), MAJOR (20"/16")

\*\*\*MODERATE (35/20), MAJOR (25/15)

	ROUND OF 20
CALORIES ON ROWER	95
BOX WALL-BALL* (20/14)	115
SIT-UPS	135
BOX GET OVERS** (30"/24")	155
SA DB SNATCH*** (40/25)	175
1 MINUTE REST	

\*MODERATE (14/10)(9'/7'), MAJOR (10/6)(9'/7')

\*\*MODERATE (24"/20"), MAJOR (20"/16")

\*\*\*MODERATE (35/20), MAJOR (25/15)

	ROUND OF 25
CALORIES ON ROWER	200
BOX WALL-BALL* (20/14)	225
SIT-UPS	250
BOX GET OVERS** (30"/24")	275
SA DB SNATCH*** (40/25)	300

\*MODERATE (14/10)(9'/7'), MAJOR (10/6)(9'/7')

\*\*MODERATE (24"/20"), MAJOR (20"/16")

\*\*\*MODERATE (35/20), MAJOR (25/15)

TIME COMPLETED

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_





# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

## SEATED RX

5 CALORIES ON ROWER	5
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10 CALORIES ON ROWER	55
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	ROUND OF 10
WALL-BALL* (14/10)	15
PULL-UPS	25
BOX U-TURNS** (24"/20")	35
ALT HANG DB SNATCH*** (35/20)	45
1 MINUTE REST	

	ROUND OF 15
WALL-BALL* (14/10)	70
PULL-UPS	85
BOX U-TURNS** (24"/20")	100
ALT HANG DB SNATCH*** (35/20)	115
1 MINUTE REST	

\*SEATED 2 (9'/7'), SEATED 1 (8'/6')

\*\*SEATED 1 (20")

\*\*\*SEATED 1 (30/15)

\*SEATED 2 (9'/7'), SEATED 1 (8'/6')

\*\*SEATED 1 (20")

\*\*\*SEATED 1 (30/15)

15 CALORIES ON ROWER	130
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	ROUND OF 20
WALL-BALL* (14/10)	150
PULL-UPS	170
BOX U-TURNS** (24"/20")	190
ALT HANG DB SNATCH*** (35/20)	210
1 MINUTE REST	

\*SEATED 2 (9'/7'), SEATED 1 (8'/6')

\*\*SEATED 1 (20")

\*\*\*SEATED 1 (30/15)

TIME COMPLETED

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

