



WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

WORKOUT

ONE

PRESENTED BY



15 MINUTE AMRAP

TIME CAP /

15 Minutes

SCORE /

Total Reps Completed

10-8-6-4-2

FRONT SQUATS

LAT. OTB BURPEES

T2B

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

FRONT SQUATS
LAT. OTB BURPEES
T2B

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

MODIFIED

FRONT SQUATS
LAT. OTB BURPEES
HANGING KNEE RAISES

ROUND 1 - 75, 55LB
ROUND 2 - 95, 65LB
ROUND 3 - 115, 85LB
ROUND 4 - 135, 95LB
ROUND 5 - 155, 105LB

13-15

FRONT SQUATS
LAT. OTB BURPEES
T2B

ROUND 1 - 75, 55LB
ROUND 2 - 95, 65LB
ROUND 3 - 115, 85LB
ROUND 4 - 135, 95LB
ROUND 5 - 155, 105LB

50-54

FRONT SQUATS
LAT. OTB BURPEES
T2B

ROUND 1 - 75, 55
ROUND 2 - 95, 65
ROUND 3 - 135, 95
ROUND 4 - 155, 105
ROUND 5 - 185, 125

55-59, 60+

FRONT SQUATS
LAT. OTB BURPEES
T2B

ROUND 1 - 75, 55LB
ROUND 2 - 95, 65LB
ROUND 3 - 115, 75LB
ROUND 4 - 135, 85LB
ROUND 5 - 155, 105LB



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SCORING

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

TIEBREAK: None

FLOW

This workout starts with the athlete standing tall facing their barbell. At the start of the clock, the athlete will perform round 1 of 10 front squats, 10 lateral burpees over the bar and 10 toes to bar, at the ROUND 1 WEIGHT, then 8 front squats, 8 lateral burpees over the bar and 8 toes to bar, at the ROUND 1 WEIGHT, then 6 front squats, 6 lateral burpees over the bar and 6 toes to bar, at the ROUND 1 WEIGHT, then 4 front squats, 4 lateral burpees over the bar and 4 toes to bar, at the ROUND 1 WEIGHT, to finalize with 2 front squats, 2 lateral burpees over the bar and 2 toes to bar, at the ROUND 1 WEIGHT.

Upon completion of round 1, the athlete will adjust their weights for round 2 and move on to perform round 2 of 10-8-6-4-2 of front squats, lateral over the bar burpees and toes to bar at the ROUND 2 WEIGHT.

Upon completion of round 2, the athlete will adjust their weights for round 3 and move on to perform round 3 of 10-8-6-4-2 of front squats, lateral over the bar burpees and toes to bar at the ROUND 3 WEIGHT.

Upon completion of round 3, the athlete will adjust their weights for round 4 and move on to perform round 4 of 10-8-6-4-2 of front squats, lateral over the bar burpees and toes to bar at the ROUND 4 WEIGHT.

Upon completion of round 4, the athlete will adjust their weights for round 5 and move on to perform round 5 of 10-8-6-4-2 of front squats, lateral over the bar burpees and toes to bar at the ROUND 5 WEIGHT.

If athletes complete round 5, they will AMRAP the final weight in the same fashion.

REQUIRED EQUIPMENT

Barbell, plates, and collars*, Pull-Up Bar

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.

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



FRONT SQUATS

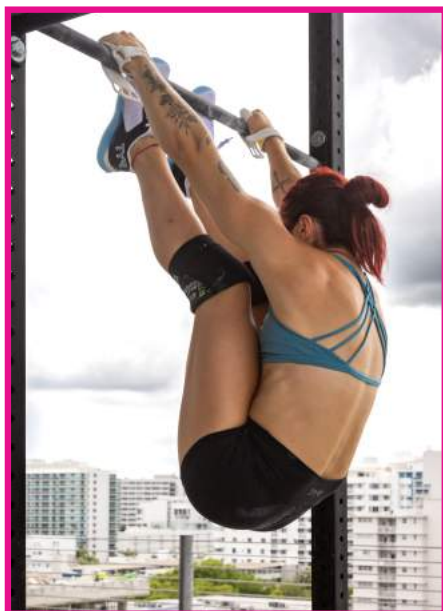
- Athletes must place collars on the outside of the plates before beginning the lift.
- The bar must be taken from the floor — squat racks are NOT allowed.
- The bar rests on the athlete's shoulders in the front-rack position.
- Any grip is permitted.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- A full squat clean is allowed when the bar is taken from the floor.
- The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The bar is resting on the athlete's shoulders with the bar in the front-rack position.
 - The athlete's feet are in line with one another when the athlete is viewed from profile.
- Athletes MAY have assistance changing loads between rounds.

REQUIRED EQUIPMENT (CONT.)



LATERAL OVER THE BAR BURPEES

- Athletes must use a barbell with 18-inch plates.
- The burpee must be performed lateral to the barbell.
- Athletes may jump or step back to reach the bottom position.
- The athlete's chest must touch the ground at the bottom of the movement. From this position, the athlete can step or jump to their feet.
- The athlete **MUST** clearly jump over the barbell. Both feet must be off the ground as the athlete passes over the bar.
- Stepping over is **NOT** permitted.
- The athlete does **NOT** need to use a two-foot takeoff.
- Touching the barbell on the jump or step-over is a "no rep"
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- There is no requirement to land with both feet at the same time.
- Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern.
- If the athlete receives a "no rep" for any reason, the entire rep must be repeated.



TOES TO BAR

- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with 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.

HANGING KNEE RAISES

- Modified Division will perform Hanging Knee Raises.
- The athlete must begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the athlete's knees rise above the hips.



WORKOUT ONE SCORECARD



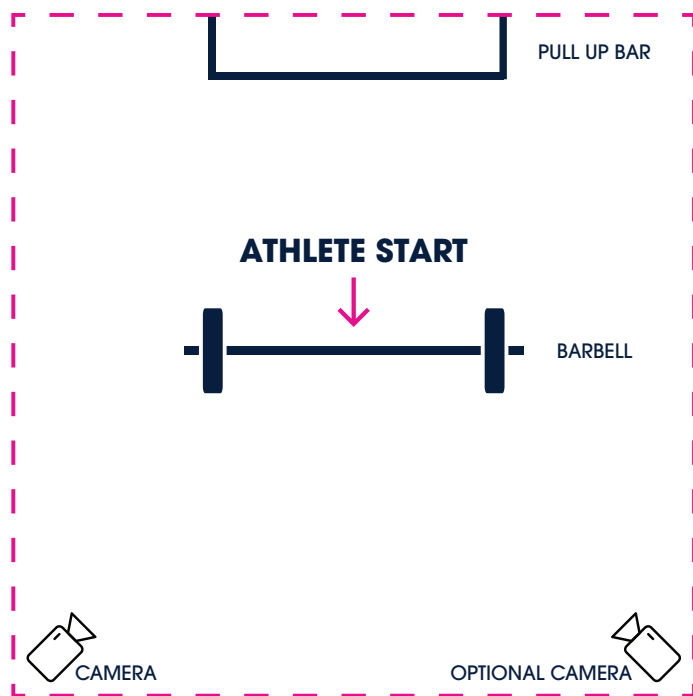
SCORES DUE SEPTEMBER 18TH @ 8PM ET

SUBMISSION CHECKLIST

- Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, September 18 @ 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 ONE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 95/65	FRONT SQUATS	10	38	60	76	86
	LAT OTB BURPEE	20	46	66	80	88
	T2B	30	54	72	84	90
ROUND 2 135/95	FRONT SQUATS	100	128	150	166	176
	LAT OTB BURPEE	110	136	156	170	178
	T2B	120	144	162	174	180
ROUND 3 155/105	FRONT SQUATS	190	218	240	256	266
	LAT OTB BURPEE	200	226	246	260	268
	T2B	210	234	252	264	270
ROUND 4 185/125	FRONT SQUATS	280	308	330	346	356
	LAT OTB BURPEE	290	316	336	350	358
	T2B	300	324	342	354	360
ROUND 5 225/145	FRONT SQUATS	370	398	420	436	446
	LAT OTB BURPEE	380	406	426	440	448
	T2B	390	414	432	444	450
*IF COMPLETE ROUND 5 ROUND 6 225/145	FRONT SQUATS	460	488	510	526	536
	LAT OTB BURPEE	470	496	516	530	538
	T2B	480	504	522	534	540

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 18TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

13-15

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 75/55	FRONT SQUATS	10	38	60	76	86
	LAT OTB BURPEE	20	46	66	80	88
	T2B	30	54	72	84	90
ROUND 2 95/65	FRONT SQUATS	100	128	150	166	176
	LAT OTB BURPEE	110	136	156	170	178
	T2B	120	144	162	174	180
ROUND 3 115/85	FRONT SQUATS	190	218	240	256	266
	LAT OTB BURPEE	200	226	246	260	268
	T2B	210	234	252	264	270
ROUND 4 135/95	FRONT SQUATS	280	308	330	346	356
	LAT OTB BURPEE	290	316	336	350	358
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	LAT OTB BURPEE	470	496	516	530	538
	T2B	480	504	522	534	540

TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 18TH @ 8PM ET

ATHLETE NAME _____

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WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

MODIFIED

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 75/55	FRONT SQUATS	10	38	60	76	86
	LAT OTB BURPEE	20	46	66	80	88
	HANG KNEE RAISE	30	54	72	84	90
ROUND 2 95/65	FRONT SQUATS	100	128	150	166	176
	LAT OTB BURPEE	110	136	156	170	178
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WORKOUT ONE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

50-54

		SET OF 10	SET OF 8	SET OF 6	SET OF 4	SET OF 2
ROUND 1 75/55	FRONT SQUATS	10	38	60	76	86
	LAT OTB BURPEE	20	46	66	80	88
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WORKOUT ONE SCORECARD



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55-59, 60+

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