



# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

# WORKOUT THREE

PRESENTED BY REIGN TOTAL BODY FUEL™

FOR TIME

15-20-25

CAL ROW

WBS (20, 14LB)(10FT)

C2B PULL UPS

BOX JUMP OVERS (30", 24")

ALT DB SNATCH (R+L=1, R+L=2...) (50, 35LB)

1 MIN REST AFTER EACH ROUND

TIME CAP /

20 Minutes

SCORE /

Total Time

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

15-20-25

CAL ROW  
WALLBALLS (20,14LB) (10FT)  
C2B PULL-UPS  
BOX JUMP OVERS (30, 24IN)  
ALT. SA DB SNATCH (R+L=1, R+L=2 ..)  
(50, 35LB)

1 MIN REST AFTER EACH ROUND

## MODIFIED

15-20-25

CAL ROW  
WALLBALLS (14, 10LB) (10FT)  
JUMPING PULL-UPS  
BOX JUMP OVERS OR  
STEP OVERS (24, 20IN)  
ALT. SA DB SNATCH (R+L=1, R+L=2 ..)  
(25, 15LB)

1 MIN REST AFTER EACH ROUND

## 13-15, 60+

15-20-25

CAL ROW  
WALLBALLS (14,10LB) (10FT)  
PULL-UPS  
BOX JUMP OVERS (24, 20IN)  
ALT. SA DB SNATCH (R+L=1, R+L=2 ..)  
(35, 20LB)

1 MIN REST AFTER EACH ROUND

## 55-59

15-20-25

CAL ROW  
WBS (20, 14LB) (10FT)  
PULL-UPS  
BOX JUMP OVERS (24, 20IN)  
ALT. SA DB SNATCH (R+L=1, R+L=2 ..)  
(35, 20LB)

1 MIN REST AFTER EACH ROUND



# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

## 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

This workout starts with the athlete sitting on the rower. At the start of the clock, the athlete will perform 15 calories on the rower, 15 wall balls shots at their prescribed height and weight, 15 reps of their prescribed gymnastics movement, 15 box jump overs at their prescribed height, 15 R & L dumbbell snatches at their prescribed weight and then rest 1 minute. At the completion of their 1 minute rest, athletes will perform 20 reps of each movement followed by a 1 minute rest. Finally, at the completion of their 1 minute rest, athletes will perform 25 reps of each movement. If during the workout (or rest period) the clock reaches the 20min mark, the workout is complete.

**NOTE:** Right Arm Dumbbell Snatch + Left Arm Dumbbell Snatch = 1 Rep

## REQUIRED EQUIPMENT

C2 rower, Medicine ball\* and target, 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 - 7kg**

## REQUIRED EQUIPMENT (CONT.)

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



### 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 will start seated on the rower with hands off the handle until after the call of “3, 2, 1 ... go.”
- The athlete must stay seated on the rower with hands on the handle until the monitor reads the designated calories.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.



### WALL BALL

- 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.
- Height is 10ft, for male and female.
- 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.

**NOTE:** If using a mounted wall-ball target, it is HIGHLY recommended that the BOTTOM of the target be mounted to the appropriate height.

## MOVEMENT STANDARDS (CONT.)



### CHEST TO BAR PULL-UPS

- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.
- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the hands or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
- Requested video must clearly show a  $\frac{3}{4}$  angle of the athlete.

### PULL-UPS

- Teens 13-15, Masters 55-59 & 60+ will perform pull-ups instead of chest to bar.
- 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.

### JUMPING PULL-UPS

- Modified division will perform jumping pull-ups instead of chest to bar pull-ups.
- The athlete begins by standing with the feet together underneath a pull-up bar.
- While standing with the hips and knees straight, extend the arms overhead.
- The arms must be in line with the torso when viewed from profile.
- Touch the thumbs of each hand together and extend the fingers.
- The athlete's fingers cannot touch the pull-up bar in the measuring position.
- The pull-up bar must be above the athlete's fingertips.
- Clearly show the measurement process during the video submission.
- An exercise mat or similar equipment may be used to decrease the distance between the ground and the pull-up bar. Surfaces that aid in jumping or rebounding, such as spring-floors, are not permitted.
- There is no hanging requirement during the pull-up.
- Athletes may jump directly into the finish of the pull-up position, OR Jump to the bar, hang, then complete a pull-up (kipping or strict).
- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Any style of pull-up is permitted.
- 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.

## MOVEMENT STANDARDS (CONT.)



### BOX JUMP OVERS

- The box jump over starts with the athlete on one side of the box and finishes with the athlete jumping over the box. Facing and lateral are permitted.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side.
- There is no requirement to stand tall while on top of the box.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.

### BOX STEP OVERS

- The box step over begins with both feet on the ground.
- When stepping up and over, both feet must make contact with the top of the box. There is no requirement to stand tall while on top of the box.
- The rep will be counted when both of the athletes feet touch the ground on the other side of the box.

*Modified division have the option to perform box step overs*

### R & L DB SNATCH

- 1 rep = DB snatch on the right side and DB snatch on the left side.
- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go is permitted. Bouncing the dumbbell is not allowed.
- Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved.
- The non-lifting hand or arm may NOT make contact with the legs or other parts of the body during the repetition.
- The rep is credited when:
  - the arms, hips, and knees are fully extended; and
  - the dumbbell is clearly over the middle of the athlete's body when viewed from profile; and
  - Both sides have completed a successful snatch
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
- Athletes may not receive assistance moving or resetting the dumbbell.
- Athletes may choose to touch the DB to the ground from in between or outside of the legs.



# WORKOUT THREE SCORECARD



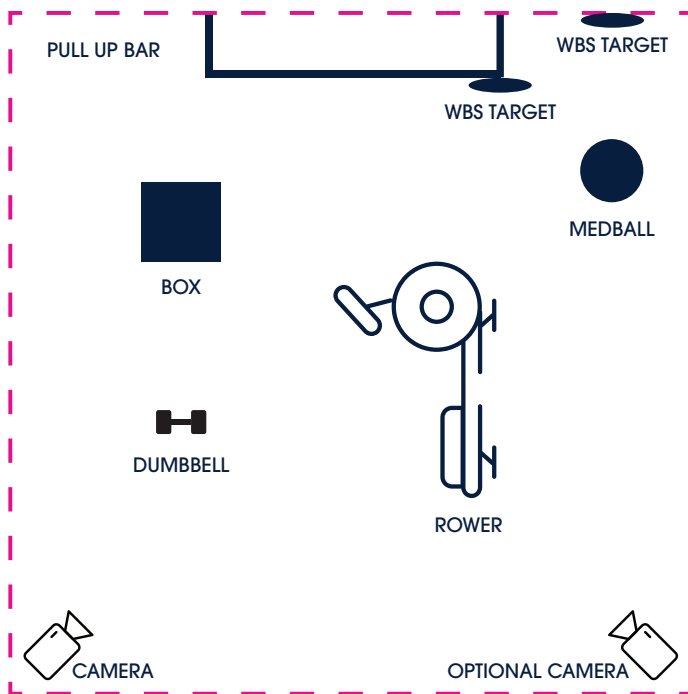
SCORES DUE SEPTEMBER 18TH @ 8PM ET

## 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 THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

	ROUND OF 15
CALORIES ON ROWER	15
WALL-BALL (20/14)	30
CHEST TO BAR PULL-UPS	45
BOX JUMP OVERS (30"/24")	60
R+L DB SNATCH (50/35)	75
1 MINUTE REST	

	ROUND OF 20
CALORIES ON ROWER	95
WALL-BALL (20/14)	115
CHEST TO BAR PULL-UPS	135
BOX JUMP OVERS (30"/24")	155
R+L DB SNATCH (50/35)	175
1 MINUTE REST	

	ROUND OF 25
CALORIES ON ROWER	200
WALL-BALL (20/14)	225
CHEST TO BAR PULL-UPS	250
BOX JUMP OVERS (30"/24")	275
R+L DB SNATCH (50/35)	300

<b>TIME COMPLETED</b>	
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IF TIME CAPPED, TOTAL REPS COMPLETED	
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SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

**SIGNATURE** \_\_\_\_\_

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

SUBMIT  
SCORE HERE







# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

## MODIFIED

	ROUND OF 15
CALORIES ON ROWER	15
WALL-BALL (14/10)	30
JUMPING PULL-UPS	45
BOX JUMP OVERS OR STEP OVERS (24"/20")	60
R+L DB SNATCH (25/15)	75
1 MINUTE REST	

	ROUND OF 20
CALORIES ON ROWER	95
WALL-BALL (14/10)	115
JUMPING PULL-UPS	135
BOX JUMP OVERS OR STEP OVERS (24"/20")	155
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	ROUND OF 25
CALORIES ON ROWER	200
WALL-BALL (14/10)	225
JUMPING PULL-UPS	250
BOX JUMP OVERS OR STEP OVERS (24"/20")	275
R+L DB SNATCH (25/15)	300

**TIME COMPLETED**

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

**SIGNATURE** \_\_\_\_\_

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

SUBMIT  
SCORE HERE





# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

**13-15, 60+**

	ROUND OF 15
CALORIES ON ROWER	15
WALL-BALL (14/10)	30
PULL-UPS	45
BOX JUMP OVERS (24"/20")	60
R+L DB SNATCH (35/20)	75
1 MINUTE REST	

	ROUND OF 20
CALORIES ON ROWER	95
WALL-BALL (14/10)	115
PULL-UPS	135
BOX JUMP OVERS (24"/20")	155
R+L DB SNATCH (35/20)	175
1 MINUTE REST	

	ROUND OF 25
CALORIES ON ROWER	200
WALL-BALL (14/10)	225
PULL-UPS	250
BOX JUMP OVERS (24"/20")	275
R+L DB SNATCH (35/20)	300

<b>TIME COMPLETED</b>	
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IF TIME CAPPED, TOTAL REPS COMPLETED	
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SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

**SIGNATURE** \_\_\_\_\_

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

SUBMIT  
SCORE HERE





# WORKOUT THREE SCORECARD



SCORES DUE SEPTEMBER 18TH @ 8PM ET

**55-59**

### ROUND OF 15

CALORIES ON ROWER	15
WALL-BALL (20/14)	30
PULL-UPS	45
BOX JUMP OVERS (24"/20")	60
R+L DB SNATCH (35/20)	75
1 MINUTE REST	

### ROUND OF 20

CALORIES ON ROWER	95
WALL-BALL (20/14)	115
PULL-UPS	135
BOX JUMP OVERS (24"/20")	155
R+L DB SNATCH (35/20)	175
1 MINUTE REST	

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CALORIES ON ROWER	200
WALL-BALL (20/14)	225
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BOX JUMP OVERS (24"/20")	275
R+L DB SNATCH (35/20)	300

**TIME COMPLETED**

IF TIME CAPPED,  
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 18TH @ 8PM ET

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

**SIGNATURE** \_\_\_\_\_

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

SUBMIT  
SCORE HERE

