



# WORKOUT ONE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WORKOUT

# ONE

PRESENTED BY 

EACH ATHLETE PERFORMS A 9MIN AMRAP,  
FOR THE TEAM'S TOTAL CUMULATIVE REPS

### ATHLETE A

**18 PULL-UPS**  
**60 DOUBLE**  
**UNDERS**

### ATHLETE B

**12 PULL-UPS**  
**6 CHEST-TO-BAR**  
**45 DOUBLE**  
**UNDERS**

### ATHLETE C

**9 PULL-UPS**  
**6 CHEST-TO-BAR**  
**3 BAR MUSCLE-UP**  
**30 DOUBLE**  
**UNDERS**

### ELITE, RX, INTERMEDIATE, OPEN, MASTERS

ATHLETE A  
18 PULL-UPS  
60 DOUBLE-UNDERS

ATHLETE B  
12 PULL-UPS  
6 CHEST-TO-BAR  
45 DOUBLE-UNDERS

ATHLETE C  
9 PULL-UPS  
6 CHEST-TO-BAR  
3 BAR MUSCLE-UP  
30 DOUBLE-UNDERS

### MODIFIED

ATHLETE A  
12 JUMPING PULL-UPS  
60 DOUBLE-UNDERS OR SINGLES

ATHLETE B  
9 PULL-UPS  
45 DOUBLE-UNDERS OR SINGLES

ATHLETE C  
6 CHEST-TO-BAR  
30 DOUBLE-UNDERS OR SINGLES



# WORKOUT ONE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

## SCORING

The score for this workout is the team's total cumulative reps across all three 9min AMRAP's.

When submitting, the team captain will be responsible for submitting each individual score for each member of their team, which will automatically sum the team's score.

Please note, if one athlete elects to perform the modified version of the workout, the team must select the modified check-box when submitting their score, even if other members of the team performed as prescribed.

**TIEBREAK:** Highest rep total by one athlete on the team

## FLOW

### ATHLETE A

This workout starts with the athlete standing tall underneath the pull-up rig. At the start of the clock, the athlete will perform 18 pull-ups, then 60 double-unders. Upon completion of the 60th double-under, the athlete will go back to the rig to begin round 2 of 18 pull-ups, then 60 double-unders. The athlete will continue in this fashion for 9 minutes accumulating as many reps as possible.

**Modified Division will perform 12 jumping pull-ups and then have the option to perform 60 double or single unders.**

### ATHLETE B

This workout starts with the athlete standing tall underneath the pull-up rig. At the start of the clock, the athlete will perform 12 pull-ups, 6 chest-to-bar pull-ups, and then 45 double-unders. Upon completion of the 45th double-under, the athlete will go back to the rig to begin round 2 of 12 pull-ups, 6 chest-to-bar pull-ups and 45 double-unders. The athlete will continue in this fashion for 9 minutes accumulating as many reps as possible.

**Modified Division will perform 9 pull-ups and then have the option to perform 45 double or single unders.**

### ATHLETE C

This workout starts with the athlete standing tall underneath the pull-up rig. At the start of the clock, the athlete will perform; 9 pull-ups, 6 chest-to-bar pull-ups, 3 bar muscle-ups, and then 30 double-unders. Upon completion of the 30th double under, the athlete will go back to the rig to begin round 2 of; 9 pull-ups, 6 chest-to-bar pull-ups, 3 bar muscle-ups, and 30 double-unders. The athlete will continue in this fashion for 9 minutes accumulating as many reps as possible.

**Modified Division will perform 6 chest-to-bar pull-ups and then have the option to perform 30 double or single unders.**

## REQUIRED EQUIPMENT

Pull-Up Bar, Jump Rope

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



### PULL-UPS

- The athlete must start each rep hanging from the bar, with arms fully extended and feet off the ground.
- Any style of 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.
- Athletes may have any assistance to reach the pull-up bar.



### CHEST TO BAR PULL-UPS

- The athlete must start each rep hanging from the bar, with arms fully extended and feet off the ground.
- Any style of grip is permitted as long as the other requirements are met.
- The rep is credited when the athlete 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.
- Athletes may have any assistance to reach the pull-up bar.

## MOVEMENT STANDARDS (CONT.)



### BAR MUSCLE UP

- The athlete must start each rep hanging from the bar, with arms fully extended and feet off the ground.
- The rep is credited when:
  - the arms are fully locked out while the athlete is in the support position above the bar
  - the shoulders are over or in front of the bar.
- Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted.
- No portion of the foot may rise above the height of the bar during the kip.

- Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep.
- Athletes may have any assistance to reach the pull-up bar.



### JUMPING PULL-UP

- The modified division (athlete 1) will be performing jumping pull-ups.
- Prior to performing the workout, the athlete must measure the correct pull-up bar height, which includes doing the following:
  - The athlete begins by standing underneath a pull-up bar.
  - While standing with the hips and knees straight, extend the arms fully overhead.
  - The arms must be in line with the torso when viewed from profile.
  - The pull-up bar must line up with the base of the wrist.
- A box, 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.

- If submitting a video, the measurement process must be shown during the video submission.
- At the bottom of the jumping pull-up, the arms must be fully extended. Any grip is permitted.
- A bend of the knees is permitted but not required.
- At the top of the jumping pull-up, the chin must clearly break the horizontal plane of the bar.
- 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.

MOVEMENT STANDARDS (CONT.)



**DOUBLE-UNDERS**

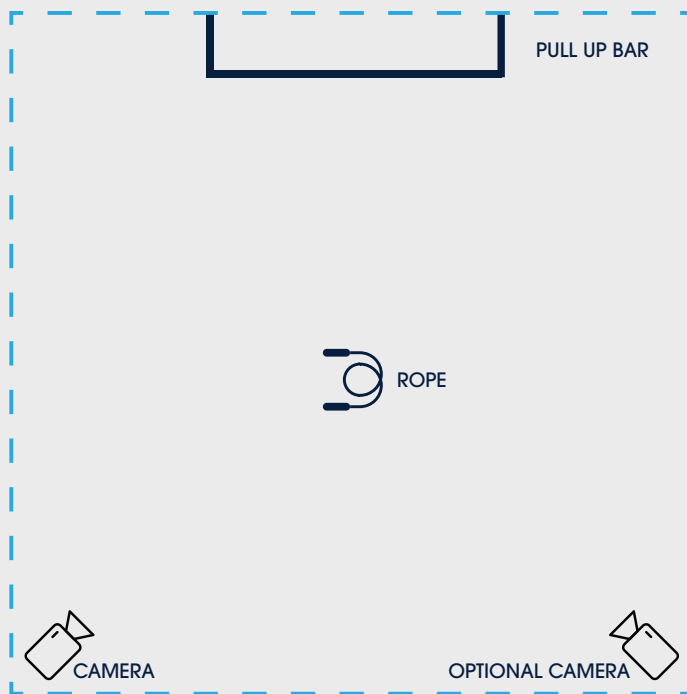
- The rep is credited when the rope passes under the athlete's feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

**SINGLE UNDERS**

- Modified division (all 3 athletes) have the option to perform single-unders OR double-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.

## FILMING RECOMMENDATIONS

- The athlete must film ALL introductions of name, division, and workouts so the athlete can be seen and heard 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 the athlete is always and fully in frame, and so that 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 OCTOBER 23RD @ 8PM ET

## ELITE, RX, INTERMEDIATE, OPEN, MASTERS

### ATHLETE A

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
18 PULLUPS	18	96	174	252	330	408	486	564	642	720
60 DU	78	156	234	312	390	468	546	624	702	780

TOTAL REPS COMPLETED

### ATHLETE B

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
12 PULLUPS	12	75	138	201	264	327	390	453	516	579
6 C2B	18	81	144	207	270	333	396	459	522	585
45 DU	63	126	189	252	315	378	441	504	567	630

TOTAL REPS COMPLETED

### ATHLETE C

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
9 PULLUPS	9	57	105	153	201	249	297	345	393	441
6 C2B	15	63	111	159	207	255	303	351	399	447
3 BMU	18	66	114	162	210	258	306	354	402	450
30 DU	48	96	144	192	240	288	336	384	432	480

TOTAL REPS COMPLETED

ATHLETE A SCORE  + ATHLETE B SCORE  + ATHLETE C SCORE  =

TIEBREAK: HIGHEST REP TOTAL BY ONE ATHLETE

SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME

SIGNATURE

JUDGE NAME

SUBMIT SCORE HERE





# WORKOUT ONE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

## MODIFIED

### ATHLETE A

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
12 JUMPING PULLUPS	12	84	156	228	300	372	444	516	588	660
60 DU OR SU	72	144	216	288	360	432	504	576	648	720

TOTAL REPS COMPLETED

### ATHLETE B

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
9 PULLUPS	9	63	117	171	225	279	333	387	441	495
45 DU OR SU	54	108	162	216	270	324	378	432	486	540

TOTAL REPS COMPLETED

### ATHLETE C

	RD 1	RD 2	RD 3	RD 4	RD 5	RD 6	RD 7	RD 8	RD 9	RD 10
6 C2B	6	42	78	114	150	186	222	258	294	330
30 DU OR SU	36	72	108	144	180	216	252	288	324	360

TOTAL REPS COMPLETED

ATHLETE A SCORE  + ATHLETE B SCORE  + ATHLETE C SCORE  =

TIEBREAK: HIGHEST REP TOTAL BY ONE ATHLETE

SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME

SIGNATURE

JUDGE NAME

SUBMIT SCORE HERE







# WORKOUT ONE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

## SUBMISSION CHECKLIST

- For each athlete, Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, October 23rd @ 8 p.m. ET?
- For each athlete, are the videos playable, publicly viewable, and free of copyright issues?
- Did each athlete show or state your name, division, and workout being performed, for this workout?
- For each athlete, is a clock in the frame or on the recording app CLEARLY visible?
- For each athlete, are the measurements/weights CLEARLY shown and stated in the video?
- For each athlete, are the movements CLEARLY & VISIBLY performed to standards as stated by WZA?
- For each athlete, is your video clear of obstructions?
- For each athlete, is this the correct video submission for this specific workout?