



WORKOUT FIVE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WORKOUT

FIVE

PRESENTED BY



FOR TOTAL CUMULATIVE TIME, 20MIN CAP PER ATHLETE

ATHLETE A - 1-10

HSPU
HANG SNATCHES (115,85LB)
BAR-FACING BURPEES

ATHLETE B - 10-1

HSPU
HANG SNATCHES (115,85LB)
BAR-FACING BURPEES

ATHLETE C - 11 ROUNDS

5 HSPU
5 HANG SNATCHES (115,85LB)
5 BAR-FACING BURPEES

ELITE, RX, INTERMEDIATE, OPEN, MASTERS

ATHLETE A - 1-10
HSPU
HANG SNATCHES (115, 85LB)
BAR-FACING BURPEES

ATHLETE B - 10-1
HSPU
HANG SNATCHES (115, 85LB)
BAR-FACING BURPEES

ATHLETE C - 11 ROUNDS
5 HSPU
5 HANG SNATCHES (115, 85LB)
5 BAR-FACING BURPEES

MODIFIED

ATHLETE A - 1-10
HR PUSH-UPS
HANG SNATCHES (75, 55LB)
BAR-FACING BURPEES

ATHLETE B - 10-1
HR PUSH-UPS
HANG SNATCHES (75, 55LB)
BAR-FACING BURPEES

ATHLETE C - 11 ROUNDS
5 HR PUSH-UPS
5 HANG SNATCHES (75, 55LB)
5 BAR-FACING BURPEES



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SCORING

The score for this workout is the team's total cumulative time.

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.

Time Cap: If an athlete time caps, they must assess a 1 second penalty for every incomplete repetition and added to the 20 min time cap.

TIEBREAK: Fastest individual time on any variation

FLOW

ATHLETE A

This workout starts with the athlete standing tall. At the start of the clock, the athlete will have 20 minutes to complete an ascending rep scheme 1 up to 10 of HSPU, Hang Snatches, and Bar-facing Burpees. The athlete will perform 1 HSPU, 1 Hang Snatch, 1 Bar-Facing Burpee, and then 2 HSPU, 2 hang snatches, and 2 bar-facing burpees. Athletes will continue in this fashion until they complete the round of 10, or if not complete, until the 20 minute time-cap is reached.

The modified division will perform hand-release push-ups instead of handstand pushups.

ATHLETE B

This workout starts with the athlete standing tall. At the start of the clock, the athlete will have 20 minutes to complete a descending rep scheme 10 down to 1 of HSPU, Hang Snatches, and Bar-facing burpees. The athlete will perform 10 HSPU, 10 hang snatches, 10 bar-facing burpees and then 9 HSPU, 9 hang snatches, 9 bar-facing burpees. Athletes will continue in this fashion until they complete the round of 1, or if not complete, until the 20 minute time-cap is reached.

The modified division will perform hand-release push-ups instead of handstand pushups.

ATHLETE C

This workout starts with the athlete standing tall. At the start of the clock, the athlete will have 20 minutes to complete 11 rounds of 5 HSPU, 5 Hang Snatches, and 5 Bar-facing burpees. The athlete will perform 5 HSPU, 5 hang snatches, 5 bar-facing burpees and then 5 HSPU, 5 hang snatch, 5 bar-facing burpees. Athletes will continue in this fashion until they complete 11 total rounds, or if not complete, until the 20 minute time-cap is reached.

The modified division will perform hand-release push-ups instead of handstand pushups.

REQUIRED EQUIPMENT

Tape to mark the floor, Barbell, plates, and collars*

Men are required to use a standard 45 lb/20-kg barbell. Women are required to use a standard 35 lb/15-kg barbell

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the hang snatch;

55lb - 25kg / 75lb - 34kg / 85LB - 38kg / 115lb - 52kg

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



HANDSTAND PUSH-UP

- The athlete must perform the handstand push-up with both hands touching a tape line 10 inches from the wall.
 - This tape line must be 30 inches long, no wider than 2 inches and 10 inches from the wall.
 - 10 inches (25 cm) wall to outside edge of tape
 - 30 inches (76cm) in length
 - 2 inches (5cm) in width (no wider than this)
 - Any portion of the athlete's hands may be touching the line (fingers OK).
 - Both hands must remain on the designated tape line.
 - If one or both hands is not touching the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position.
- Each rep begins and ends with the athlete in the lockout position with only the heels against the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
 - At the bottom, the head must make contact with the ground.
 - Kipping and/or strict is permitted.
 - During any kipping, if the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
 - The heels do not need to remain in contact with the wall for the duration of the movement, but the heels must return to the wall at the beginning and end of each rep within the width of the hands.
 - Each rep is credited when the athlete returns to the lockout position with only the heels on the wall; arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.

MOVEMENT STANDARDS (CONT.)



HANG SNATCH

- Athletes must place collars on the outside of the plates before beginning the lift.
- When taking the bar from the ground, athletes must establish the hang by deadlifting the barbell to full hip and knee extension.
- Each repetition must start from the hang. Hang is anywhere below the hip and off the ground.
- Hang power, hang squat, and hang split snatches are permitted.
- The rep is counted when the athlete's hips, knees, and arms are extended.
- The bar must be over the middle of the body, or slightly behind when viewed from the profile.
- If a hang split snatch is used, the feet must return in line before the bar is lowered.
- No part of the body other than the feet can touch the ground.
- Athletes may NOT wear gymnastics grips or straps during this workout.



BAR FACING BURPEE

- The burpee must be performed perpendicular to and facing the barbell.
- Athletes must use a barbell with a minimum of 18-in. standard plates for the burpees.
- Each rep begins with the athlete jumping or stepping back to lie on the ground.
- The athlete's head must be behind the barbell, and their chest and thighs must touch the ground at the bottom.
- The hands and feet must remain inside the width of the plates at the bottom of the burpee.
- From this position, the athlete can step or jump to their feet.
- The athlete must then jump over the barbell. While a two-foot take off is not required, a jump must occur and both feet must be off the ground when going over the barbell.
- Gallop jumping is allowed. Stepping is NOT allowed.
- The athlete does not need to land with both feet at the same time.
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.

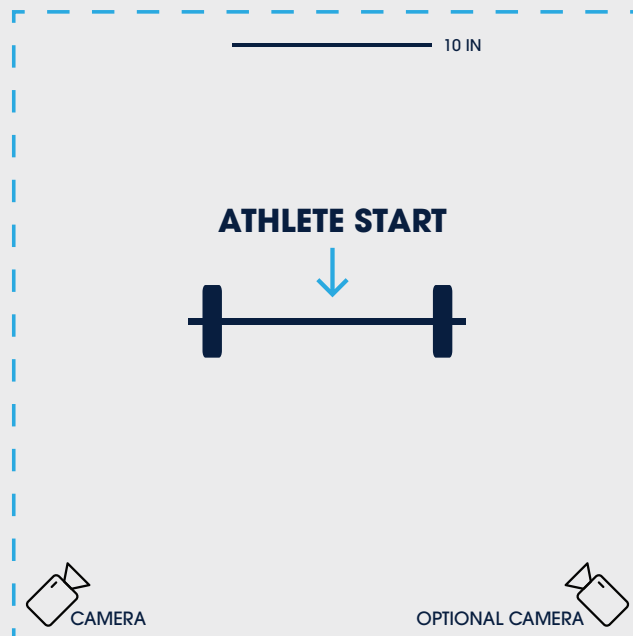
MOVEMENT STANDARDS (CONT.)

HAND RELEASE PUSH-UP

- The Modified division will be performing hand-release push-ups instead of handstand push-ups.
- The rep begins with the athlete in a lockout position where the elbows are locked out and the body is in a straight, plank position.
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.
- The chest (nipple line or above) must touch the floor.
- Then, the hands must be lifted completely off the ground.
- Each rep is credited when the athlete returns to the lockout position where the elbows are locked out and the body is in a straight, plank position.

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.





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ELITE, RX, INTERMEDIATE, OPEN, MASTERS RX

ATHLETE 1	HSPU	HANG SNATCH (115, 85LB)	BAR FACING BURPEES
ROUND OF 1 REP	1	2	3
ROUND OF 2 REPS	5	7	9
ROUND OF 3 REPS	12	15	18
ROUND OF 4 REPS	22	26	30
ROUND OF 5 REPS	35	40	45
ROUND OF 6 REPS	51	57	63
ROUND OF 7 REPS	70	77	84
ROUND OF 8 REPS	92	100	108
ROUND OF 9 REPS	117	126	135
ROUND OF 10 REPS	145	155	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 2	HSPU	HANG SNATCH (115, 85LB)	BAR FACING BURPEES
ROUND OF 10 REPS	10	20	30
ROUND OF 9 REPS	39	48	57
ROUND OF 8 REPS	65	73	81
ROUND OF 7 REPS	88	95	102
ROUND OF 6 REPS	108	114	120
ROUND OF 5 REPS	125	130	135
ROUND OF 4 REPS	139	143	147
ROUND OF 3 REPS	150	153	156
ROUND OF 2 REPS	158	160	162
ROUND OF 1 REPS	163	164	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 3	5 HSPU	5 HANG SNATCHES (115, 85LB)	5 BAR FACING BURPEES
ROUND 1	5	10	15
ROUND 2	20	25	30
ROUND 3	35	40	45
ROUND 4	50	55	60
ROUND 5	65	70	75
ROUND 6	80	85	90
ROUND 7	95	100	105
ROUND 8	110	115	120
ROUND 9	125	130	135
ROUND 10	140	145	150
ROUND 11	155	160	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 1 TIME	
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+

ATHLETE 2 TIME	
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+

ATHLETE 3 TIME	
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=

TEAM TOTAL TIME	
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TIEBREAK: FASTEST INDIVIDUAL TIME ON ANY VARIATION	
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SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





WORKOUT FIVE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

MODIFIED

ATHLETE 1	HAND RELEASE PUSH UPS	HANG SNATCH (75, 55LB)	BAR FACING BURPEES
ROUND OF 1 REP	1	2	3
ROUND OF 2 REPS	5	7	9
ROUND OF 3 REPS	12	15	18
ROUND OF 4 REPS	22	26	30
ROUND OF 5 REPS	35	40	45
ROUND OF 6 REPS	51	57	63
ROUND OF 7 REPS	70	77	84
ROUND OF 8 REPS	92	100	108
ROUND OF 9 REPS	117	126	135
ROUND OF 10 REPS	145	155	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 2	HAND RELEASE PUSH UPS	HANG SNATCH (75, 55LB)	BAR FACING BURPEES
ROUND OF 10 REPS	10	20	30
ROUND OF 9 REPS	39	48	57
ROUND OF 8 REPS	65	73	81
ROUND OF 7 REPS	88	95	102
ROUND OF 6 REPS	108	114	120
ROUND OF 5 REPS	125	130	135
ROUND OF 4 REPS	139	143	147
ROUND OF 3 REPS	150	153	156
ROUND OF 2 REPS	158	160	162
ROUND OF 1 REPS	163	164	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 3	5 HAND RELEASE PUSH UPS	5 HANG SNATCHES (75, 55LB)	5 BAR FACING BURPEES
ROUND 1	5	10	15
ROUND 2	20	25	30
ROUND 3	35	40	45
ROUND 4	50	55	60
ROUND 5	65	70	75
ROUND 6	80	85	90
ROUND 7	95	100	105
ROUND 8	110	115	120
ROUND 9	125	130	135
ROUND 10	140	145	150
ROUND 11	155	160	165

TIME COMPLETED		IF TIME CAPPED, HOW MANY REPS COMPLETED	
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ATHLETE 1 TIME	
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+

ATHLETE 2 TIME	
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+

ATHLETE 3 TIME	
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=

TEAM TOTAL TIME	
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TIEBREAK: FASTEST INDIVIDUAL TIME ON ANY VARIATION	
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SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





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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?
- 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?