



TEAM WORKOUT 5 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET

PRESENTED BY  Renovo CLINIC

TIME-CAP: 12 MIN PER ATHLETE

36 MIN AMRAP

ATHLETE A - 12 MIN

ATHLETE B - 12 MIN - STARTS WHERE ATHLETE A LEAVES OFF

ATHLETE C - 12 MIN - STARTS WHERE ATHLETE B LEAVES OFF

50 **CAL ROW**

50 **BOX JUMP OVERS***

40 **CAL ROW**

40 **BURPEE BOX JUMP OVERS***

30 **CAL ROW**

30 **DBL DB BOX STEP-OVERS**

20 **CAL ROW**

20 **DBL DB BURPEE BOX STEP-OVERS**

10 **CAL ROW**

10 **DBL DB DEVIL PRESS + DBL DB BOX STEP-OVERS**

*STEP DOWN REQUIRED

ELITE, RX, INTERMEDIATE, MASTERS

50 CAL ROW
 50 BOX JUMP OVERS*
 40 CAL ROW
 40 BURPEE BOX JUMP OVERS*
 30 CAL ROW
 30 DBL DB BOX STEP-OVERS
 20 CAL ROW
 20 DBL DB BURPEE BOX STEP-OVERS
 10 CAL ROW
 10 DBL DB DEVIL PRESS + DBL DB BOX STEP-OVERS

(50, 35LB)
 (24, 20IN)
 *STEP DOWN REQUIRED

MODIFIED

50 CAL ROW
 50 BOX JUMP OVERS*
 40 CAL ROW
 40 BURPEE BOX JUMP OVERS*
 30 CAL ROW
 30 DBL DB BOX STEP-OVERS
 20 CAL ROW
 20 DBL DB BURPEE BOX STEP-OVERS
 10 CAL ROW
 10 DBL DB DEVIL PRESS + DBL DB BOX STEP-OVERS

(25, 15LB)
 (20IN ALL ACROSS)
 *STEP DOWN REQUIRED
 NOTE: STEPPING UP IS PERMITTED FOR THIS DIVISION

SCORING

The team score for this workout is the sum of each athlete's total reps completed within their 12 minutes.

Examples:

Athlete A - completes 50 Cal Row, 50 Box Jump Over and 25 Cal Row - Score is 125

Athlete B - (starts in the round of 40 cal where athlete A finished) and completes 15 Cal Row, 40 Burpee Box Jump Overs, 30 Cal Row, 30 DBL DB Box Step Overs, 20 Cal Row and 10 DBL DB Burpee Box Step Overs - Score is 145

Athlete C - (starts in the round of 20 DBL DB Burpee Box Step Overs, where athlete B finished) - and completes 10 DBL DB Burpee Box Step Overs, 10 Cal Row, 10 DBL DB Devils Press + DBL DB Box Step Overs, 50 Cal Row and 33 Box Jump Overs - Score is 113

The team captain will submit each athlete's individual score.

If one or more team members elects to perform the workout modified, the team's score must be registered as "modified" upon submission.

- Keep in mind, other teammates may perform the workout as prescribed, however, the team's score must be labeled as "modified," upon submission.

Competition Corner will automatically combine the scores of each athlete to provide a total team score.

TIEBREAK: The score of Athlete A will be the tie-break for the team's score

WORKOUT FLOW

This is an AMRAP style workout where each athlete will have a 12 minute window.

This workout begins with Athlete A.

At the start, Athlete A will have 12 minutes to perform an AMRAP of the designated repetitions of the workout, starting at the beginning.

At the completion of Athlete A's 12 minute window, Athlete B will have their 12 minute window to perform the AMRAP, continuing where Athlete A finished.

- As an example, if Athlete A completes 50 cal row, 50 box jump overs and 30 cal row, Athlete B will start the workout completing 10 cal row to complete the 40 total calories, then 40 burpee box jump over, and so on. Athlete C will continue in the same fashion after Athlete B.

At the completion of Athlete B's 12 minute window, Athlete C will have their 12 minute window to perform the AMRAP, continuing where Athlete B finished.

REQUIRED EQUIPMENT

- C2 Rower
- Box of appropriate height for the athlete's division
- Pair of Dumbbells*

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 dumbbell:
50lb - 22.5kg / 35lb - 15kg / 25lb - 11kg / 20lb - 10kg / 15lb - 7kg

OTHER RULES & RECOMMENDATIONS

Please note gymnastic grips or straps will not be acceptable at any point during Workout 5, or will result in disqualification.

Reset the rower for each set of calories. Athletes may receive assistance with this.

Be sure the athlete has adequate space to safely complete all movements.
Clear the area of all extra equipment, people, or other obstructions.

Teams do not need to perform this workout in the same location or immediately after each other, but Athlete A must go first, then Athlete B and finally Athlete C.

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

Please note gymnastic grips or straps will not be acceptable at any point during Workout 5.

CAL ROW

- The rep begins with the athlete on the rower and the screen set to zero
- The reps and sets is credited when the monitor shows the prescribed calories before the athlete begins their next movement.
- The rower must be reset for each set.

BOX JUMP OVER (STEP DOWN REQUIRED)

- The rep begins with the athlete on one side of the box, with both feet on the ground.
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box
- During the movement:
 - Box-facing and lateral jumps are permitted
 - The athlete must jump to the top of the box
 - A two-foot takeoff is not required as long as both feet are simultaneously in the air at some point during the jump
 - Step-ups are NOT permitted
 - Both the athlete's feet must touch the top of the box at the same time
 - No other portion of the athlete's body, other than their feet, may touch the box
 - There is no requirement to stand tall while on top of the box
 - A step-down is required on the other side of the box
- Completely jumping over the box is NOT permitted and will result in a no-rep
- Athletes are required to step down from the top of the box
- Note: Modified Division only, stepping up is permitted

BURPEE BOX JUMP OVERS (STEP DOWN REQUIRED)

- The rep begins with the athlete on one side of the box
- The rep ends and is credited when the athletes feet have reached the ground on the other side of the box
- During the movement:
 - Stepping and/or jumping back to reach the bottom and top of the burpee is permitted.
 - Chest and thighs must clearly touch the ground with the body within the width of the box.
 - Burpees must be box facing
 - Box-facing and lateral jumps are permitted
 - The athlete must jump to the top of the box
 - A two-foot take off is not required as long as both feet are simultaneously in the air at some point during the jump
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
 - A step-down is required on the other side of the box
- Completely jumping over the box is NOT permitted and will result in a no-rep
- Note: Modified Division only, stepping up is permitted

DOUBLE DUMBBELL BOX STEP OVER

- The rep begins with the athlete on one side of the box with both dumbbells held off the ground
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box with the dumbbells held off the ground
- During the movement:
 - Dumbbells may be held in any position
 - Box-facing and lateral step overs are permitted
 - Both the athlete's feet must touch the top of box at the same time
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
 - A step-down is required on the other side of the box
- Completely stepping over the box, and not making contact with the top of the box, is NOT permitted and will result in a no-rep

MOVEMENT STANDARDS

DOUBLE DUMBBELL BURPEE BOX STEP OVER

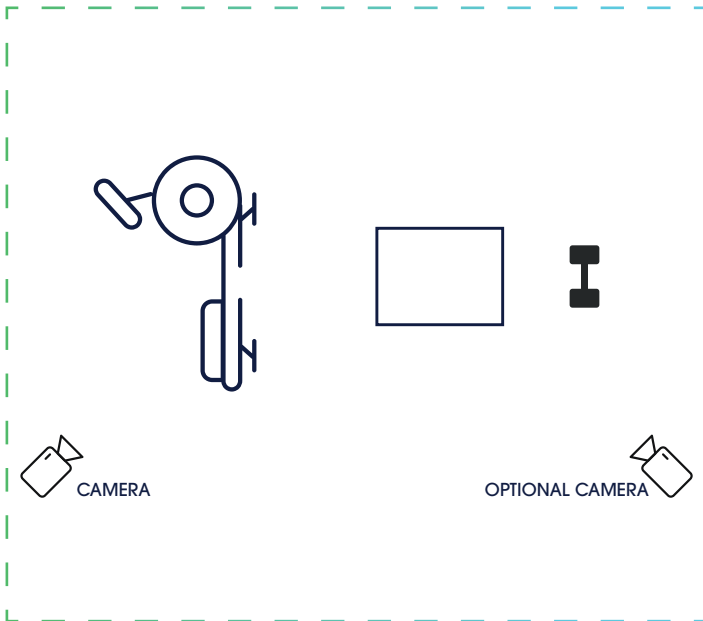
- The rep begins with the athlete on one side of the box
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box with the dumbbells held off the ground
- During the movement:
 - Burpees must be box facing
 - Stepping and/or jumping back to reach the bottom and top of the burpee is permitted
 - Chest and thighs must clearly touch the ground between the dumbbells
 - Athletes will then stand and lift the dumbbells up to the top of the burpee, either to the deadlift position or the front-rack before beginning the step-over
 - Box-facing and lateral step overs are permitted
 - Both the athlete's feet must touch the top of box at the same time
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
 - Dumbbells may be held in any position
 - There is no requirement to set down the dumbbells between reps
 - A step-down is required on the other side of the box
- Completely stepping over the box is NOT permitted and will result in a no-rep

DOUBLE DB DEVILS PRESS + DOUBLE DB BOX STEP OVER

- The rep begins with the athlete on one side of the box
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box with the dumbbells held off the ground
- During the movement:
 - The athlete must perform a DB Devils Press
 - The athlete must reach a push up position holding both dumbbells, the chest making full contact with the ground between the dumbbells.
 - The dumbbells must be raised to an overhead position in one fluid movement.
 - The athlete may choose to keep the dumbbells in between or outside of the legs.
 - The rep is credited when the dumbbells are locked out overhead, with the hips, knees, and arms fully extended; and both dumbbells directly over or slightly behind the middle of the body.
 - Hands must remain in contact with the dumbbells throughout the entire movement, including the burpee.
 - A clean & jerk or any pause resulting in the dumbbells making contact with the body is not allowed and will be a no-rep.
 - After the DB Devils Press, athletes must perform a DB Box Step Over
 - Dumbbells may be held in any position
 - Box-facing and lateral step overs are permitted
 - Both the athlete's feet must touch the top of box at the same time
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
 - A step-down is required on the other side of the box
- Completely stepping over the box, and not making contact with the top of the box, is NOT permitted and will result in a no-rep

FILMING RECOMMENDATIONS

- We highly recommend using WODPROOF for all official workout filming.
- Film ALL introductions of name, division and workouts so the athlete can be seen/heard clearly.
- Film the loads on the dumbbells so they can be seen clearly.
- Film the measurement of the height of the box so they can be seen clearly.
- Film ALL movements so that movement standards being met are clearly being shown.
- Film ALL calories on the rower so they can be clearly seen- please reset the monitor after each set.
 - Camera movement is acceptable to show calories completed.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the filming standards is subject to penalty and/or invalidation of video



WODPROOF

WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the **App Store**

GET IT ON **Google play**

The graphic is a light gray rectangular area. At the top center is the 'WODPROOF' logo in a bold, black, sans-serif font. Below the logo is the text 'WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING' in a smaller, all-caps, sans-serif font. Underneath this text are two white rectangular boxes. The left box contains the Apple logo, the text 'Available on the App Store', and a QR code. The right box contains the Google Play logo, the text 'GET IT ON Google play', and a QR code.

36 MIN AMRAP / TIME-CAP: 12 MIN PER ATHLETE

| ELITE, RX, INTERMEDIATE, MASTERS | |
|----------------------------------|--|
| 50, 35 LB | |
| 24, 20 IN | |

| MODIFIED | |
|------------------|--|
| 25, 15 LB | |
| 20 IN ALL ACROSS | |

ROUND 1

| | |
|---|-----|
| 50 CAL ROW | 50 |
| 50 BOX JUMP OVER | 100 |
| 40 CAL ROW | 140 |
| 40 BURPEE BOX JUMP OVER | 180 |
| 30 CAL ROW | 210 |
| 30 DBL DB BOX STEP OVER | 240 |
| 20 CAL ROW | 260 |
| 20 DBL DB BURPEE BOX STEP OVER | 280 |
| 10 CAL ROW | 290 |
| 10 DBL DB DEVILS PRESS + DBL DB BOX STEP OVER | 300 |

ROUND 2

| | |
|---|-----|
| 50 CAL ROW | 350 |
| 50 BOX JUMP OVER | 400 |
| 40 CAL ROW | 440 |
| 40 BURPEE BOX JUMP OVER | 480 |
| 30 CAL ROW | 510 |
| 30 DBL DB BOX STEP OVER | 540 |
| 20 CAL ROW | 560 |
| 20 DBL DB BURPEE BOX STEP OVER | 580 |
| 10 CAL ROW | 590 |
| 10 DBL DB DEVILS PRESS + DBL DB BOX STEP OVER | 600 |

ROUND 3

| | |
|---|-----|
| 50 CAL ROW | 650 |
| 50 BOX JUMP OVER | 700 |
| 40 CAL ROW | 740 |
| 40 BURPEE BOX JUMP OVER | 780 |
| 30 CAL ROW | 810 |
| 30 DBL DB BOX STEP OVER | 840 |
| 20 CAL ROW | 860 |
| 20 DBL DB BURPEE BOX STEP OVER | 880 |
| 10 CAL ROW | 890 |
| 10 DBL DB DEVILS PRESS + DBL DB BOX STEP OVER | 900 |

RESET THE ROWER FOR EACH SET OF CALORIES. ATHLETES MAY RECEIVE ASSISTANCE WITH THIS.

| | | |
|---|----------------------|-----------------------|
| TOTAL REPS COMPLETED FOR ATHLETE A | <input type="text"/> | TIEBREAK SCORE |
|---|----------------------|-----------------------|

| | |
|---|----------------------|
| TOTAL REPS COMPLETED FOR ATHLETE B | <input type="text"/> |
|---|----------------------|

| | |
|---|----------------------|
| TOTAL REPS COMPLETED FOR ATHLETE C | <input type="text"/> |
|---|----------------------|

TEAM CAPTAIN WILL SUBMIT A SINGLE SCORE & VIDEO FOR EACH ATHLETE

| | |
|---|----------------------|
| TEAM SCORE ATHLETE A + ATHLETE B + ATHLETE C | <input type="text"/> |
|---|----------------------|

SCORES ARE DUE NOVEMBER 6, 2024 @ 8PM ET

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT
SCORE HERE

