

WORKOUT ONE

PRESENTED BY GYMREAPERS 

20MIN AMRAP

7 ROUNDS: 2 MIN ON / 1 MIN OFF

40-30-20-10

CALORIE ROW

BURPEES OVER-THE-ROWER

TOES-TO-BAR

ALL DIVISIONS

MODIFIED

20 MIN AMRAP

7 rounds: 2 min on / 1 min off

40-30-20-10

Calorie Row

Burpees Over-the-Rower

Toes-to-Bar

20 MIN AMRAP

7 rounds: 2 min on / 1 min off

40-30-20-10

Calorie Row

Burpees Over-the-Rower

Ab Mat Sit Ups

WORKOUT FLOW

- Before starting, you may start seated on the rower with hands off the handle.
- At the start of the clock, begin round 1. With 2 minutes of work, start accumulating reps, beginning with 40 calories on the rower.
- At the 2-minute mark, stop and rest for 1 minute.
- When the 1-minute rest is over, begin round 2, which consists of 2 minutes of work again. Continue from where you left off in round 1. After 2 minutes of work, rest for 1 minute.
 - This rhythm will continue for 5 more rounds (7 rounds total) of 2 minutes of work, 1 minute of rest.
- Complete 40 calories on the rower, then 40 burpees over the rower, then 40 toes to bar. Then move on to the set of 30 reps of each movement, then 20 reps, and 10 reps.
 - If you complete the set of 10 reps, start again at the set of 40.

NOTES

- You may use an interval-style clock set at 2 minutes on / 1 minute off, or a running clock.
- May be a Concept 2 or Rogue rower.
- Rollover row calories within rounds will be counted.
- Reset rower screens in between the sets of 40, 30, 20, 10, etc.
 - Athletes may receive assistance.
- Gymnastics grips are permitted for this workout.
 - The grips must not wrap around the handle of the rower.
 - It is highly recommended to turn the grips around or take them off.

SCORE

The score for this workout is total reps completed over the 7 working rounds.

- 1 Calorie = 1 Rep
- 1 Burpee = 1 Rep
- 1 Toes to Bar = 1 Rep

EXAMPLE

Athlete completes 40 cal row, 40 burpees, 40 TTB, 30 cal row, 30 burpees, 30 TTB, 15 cal row = 225 reps

TIEBREAK

NONE

MOVEMENT STANDARDS

CALORIE ROW

- The rep begins with the athlete on the rower, hands not touching the handle, and the screen set to zero.
- The rep is completed and credited when the monitor shows the prescribed calories with the athlete seated on the rower.
- Athletes must remain on the rower until the display reads the required calorie count.

BURPEES OVER-THE-ROWER

- May use a C2 Rower or a Rogue Echo Rower.
- The rep begins with the athlete on one side of the rower.
- The rep is completed and credited when the athlete's feet have touched the ground on the opposite side of the rower.
- During the movement:
 - The burpee may be performed laterally or facing the rower.
 - Jumping or stepping into the bottom and/or top of the burpee is permitted.
 - The chest and thighs must clearly touch the ground at the bottom.
 - The athlete must clearly jump over the rower.***
 - A two-foot takeoff and landing is not required.
 - Both feet must be in the air as the athlete is going over the rower.

*** **Note:** *Teens 13-15, Masters 50-54, Masters 55+, and Modified divisions MAY step over the rower.*

TOES-TO-BAR

- The rep begins with the athlete hanging from the pull-up bar with arms extended and heels behind the pull-up bar.
- The rep is completed and credited when both feet clearly contact the bar between the hands at the same time.
- During the movement:
 - Overhand, underhand, or mixed grips are all permitted.
 - Any part of the feet may make contact with the bar.
 - The heels must be brought back behind the pull-up bar.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

AB-MAT SIT-UPS (MODIFIED DIVISION)

- The rep begins with the athlete lying on the ground with the legs in a "V" position (butterfly), the bottoms of the feet touching each other, and both hands clearly touching the ground above their shoulders.
- The rep is completed and credited when both hands have clearly touched the ground in front of the athlete's feet at the same time.
- During the movement, legs must remain in the butterfly position.
 - Both hands must clearly touch the ground above the athlete's shoulders at the same time.

EQUIPMENT

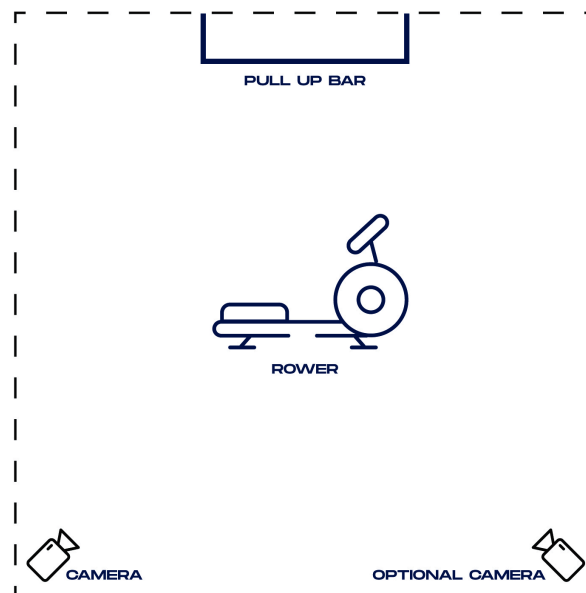
- Rower
- Pull-Up Bar

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.

FILMING STANDARDS

- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or 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 display the performance accurately.
- A clock or timer is required 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 a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video
- ***Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.***





ALL DIVISIONS			
ROUND	CALORIE ROW	BURPEE OVER THE ROWER	TOES TO BAR
SET OF 40	40	80	120
SET OF 30	150	180	210
SET OF 20	230	250	270
SET OF 10	280	290	300
SET OF 40	340	380	420
SET OF 30	450	480	510
SET OF 20	530	550	570
SET OF 10	580	590	600

SCORES DUE MON, OCT 13 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



SUBMISSION CHECKLIST

- ☐ Is your score correctly inputted in Competition Corner?
- ☐ Did you submit your score before Monday, October 13th @ 8:00pm ET?
- ☐ Is your video playable, publicly viewable, and free of copyright issues?
- ☐ Did you show/state your name, division & workout being performed?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in the 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?