

# WORKOUT ONE

PRESENTED BY GYMREAPERS **FOR TOTAL REPS | 7MIN PER ATHLETE****EMOTM - 7 BAR-FACING BURPEES****IN REMAINING TIME EACH MINUTE, CHIP THROUGH THE FOLLOWING:****27 CLEAN & JERKS****21 CLEAN & JERKS****15 CLEAN & JERKS****9 CLEAN & JERKS****MAX REP CLEAN & JERKS**

**ATHLETE A STARTS ON 27 CLEAN & JERKS. IF THEY COMPLETE ALL 27 REPS, THEY'LL ADVANCE TO THE 21 REPS AT THE HEAVIER LOAD, AND CONTINUE AS FAR AS THEY CAN UNTIL THEIR 7MIN ARE COMPLETE. ATHLETE B WILL START THEIR PORTION WHEREVER ATHLETE A CONCLUDES, AND ATHLETE C WILL START THEIR PORTION WHEREVER ATHLETE B CONCLUDES.**

ELITE/RX	INTERMEDIATE/OPEN, MASTERS RX	MODIFIED
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**FOR TOTAL REPS**

7min Per Athlete

EMOTM: 7 Bar-Facing Burpees  
In the remaining time each minute, chip through:

27 C&J (135, 95lb) (61, 43kg)  
21 C&J (185, 125lb) (83, 56kg)  
15 C&J (225, 155lb) (102, 70kg)  
9 C&J (275, 175lb) (125, 80kg)  
Max C&J (315, 200lb) (143, 91kg)

**FOR TOTAL REPS**

7min Per Athlete

EMOTM: 7 Bar-Facing Burpees  
In the remaining time each minute, chip through:

27 C&J (95, 65lb) (43, 29kg)  
21 C&J (135, 95lb) (61, 43kg)  
15 C&J (185, 125lb) (83, 56kg)  
9 C&J (225, 155lb) (102, 70kg)  
Max C&J (255, 165lb) (116, 75kg)

**FOR TOTAL REPS**

7min Per Athlete

EMOTM: 5 Bar-Facing Burpees  
In the remaining time each minute, chip through:

27 C&J (95, 65lb) (43, 29kg)  
21 C&J (115, 85lb) (52, 36kg)  
15 C&J (135, 95lb) (61, 43kg)  
9 C&J (155, 105lb) (70, 47kg)  
Max C&J (185, 125lb) (83, 56kg)

# WORKOUT FLOW

## TEAM

- Athletes will start standing tall with their back to the barbell.
- At "0:00", complete 7 bar-facing burpees. Once complete, athletes will start performing clean & jerks at their first prescribed weights.
- At the 01:00 mark, athletes will complete 7 bar-facing burpees and then continue with clean & jerks, where they left off.
- Athletes will continue in this fashion, completing 7 bar-facing burpees at the 02:00, 03:00, 04:00, 05:00, 06:00, and continuing where they left off on the clean & jerks.
- The score is the total reps completed, including the burpees, within the 7-minute time cap.

## ATHLETE A

- After completing the 7 bar-facing burpees, athletes start with the first set of clean & jerks at the set of 27 C&Js.

## ATHLETE B

- After completing their 7 bar-facing burpees, Athlete B will start their clean & jerks from where Athlete A ends.
  - Example: If Athlete A gets through 14 of the set of 21 C&Js, then Athlete B will complete 7 burpees and resume the work at rep 15 of the set of 21 C&Js.

## ATHLETE C

- After completing their 7 bar-facing burpees, Athlete C will start their clean & jerks from where Athlete B ends.
  - Example: If Athlete B gets through 5 of the set of 9 C&Js, then Athlete C will complete 7 burpees and resume the work at rep 6 of the set of 9 C&Js.

# NOTES

- Recommend using a clock/timer counting up from 00:00-07:00.
- Collars must be on the bar, outside of all plates.
- Clean & Jerks must be **COMPLETED** before the top of the minute (i.e., 01:00, 02:00, etc.).
- Multiple barbells are permitted.
- Athletes **MAY** receive assistance adjusting barbells.
- Bar-facing burpees can be completed while the barbell is being adjusted, as long as the movement standards are being met.
- The 7 bar-facing burpees **WILL BE** counted in the overall score.
- Gymnastics grips are **NOT** permitted for this workout.

## SCORE

The score for this workout is the team's total cumulative reps across all three 7-minute AMRAPs.

- 1 Bar-facing burpee = 1 Rep
- 1 Clean & Jerk = 1 Rep

The team captain must submit individual scores for each member; the system will automatically total the team score.

If any athlete performs the modified workout, the "modified" checkbox must be selected, even if others did the workout as prescribed.

## TIEBREAK

The total reps of Athlete A.

## EQUIPMENT

- Standard Barbell
  - Men 45lb or 20kg
  - Women 35lb or 15kg
- Standard bumper plates
- Collars

*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 may be disqualified from the competition.*

*Athletes MAY receive assistance with their equipment during the workout.*

# MOVEMENT STANDARDS

## BAR-FACING BURPEE

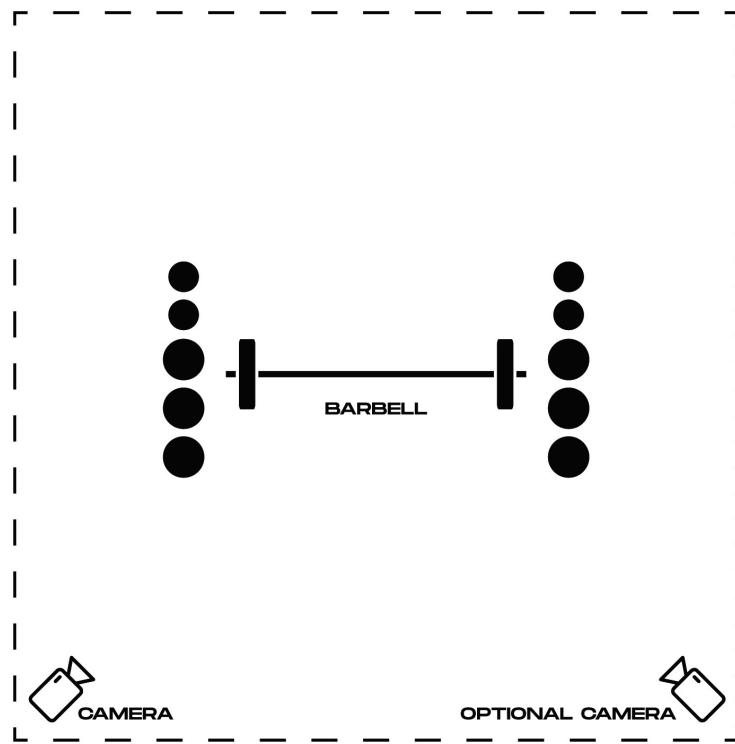
- Athletes must use a barbell with standard plates, no less than 17.5-inch diameter.
- The rep begins with the athlete's chest and thighs touching the ground while facing the bar, their body clearly within the plates on the barbell.
- The rep is completed and credited when both feet have touched the ground on the opposite side of the barbell.
- 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 while facing the bar.
  - The athlete must jump over the barbell; a two-foot take off is not required as long as both feet are simultaneously in the air during the jump.
  - If a norep is received for any reason, the entire movement must be repeated again on any side of the barbell.

## CLEAN & JERK

- The rep begins with the bar on the ground and collars on the outside of the plates.
- The rep is completed and credited when the barbell is supported overhead, with the knees, hips, and arms clearly extended and the barbell clearly directly over or slightly behind the middle of the body, with the feet in line.
- During the clean:
  - The athlete may choose to do a muscle clean, power clean, squat clean or split clean.
    - Both feet must return and be in line under the athlete's body while the barbell is supported in the front rack position.
  - No part of the body other than the feet may touch the ground.
- During the jerk:
  - The athlete may choose to do a strict press, push press, or jerk.
    - Both feet must return and be in line under the athlete's body while the barbell is supported in the overhead position.
  - No part of the body other than the feet may touch the ground.
- The athlete does not have to stand up to full extension in the clean before performing the shoulder-to-overhead.

## FILMING STANDARDS

- **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.**
- 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 barbell and plates so they can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.



## ELITE/RX, INTERMEDIATE/OPEN, MASTERS

@ 00:00	7 BAR FACING BURPEES		27 CLEAN & JERKS
@ 01:00	7 BAR FACING BURPEES		
@ 02:00	7 BAR FACING BURPEES		21 CLEAN & JERKS
@ 03:00	7 BAR FACING BURPEES		
@ 04:00	7 BAR FACING BURPEES		15 CLEAN & JERKS
@ 05:00	7 BAR FACING BURPEES		
@ 06:00	7 BAR FACING BURPEES		9 CLEAN & JERKS
<b>TOTAL REPS COMPLETED</b> (TOTAL CLEAN & JERKS + TOTAL BAR-FACING BURPEES)			MAX CLEAN & JERKS

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME



**MODIFIED**

@ 00:00	5 BAR FACING BURPEES		27 CLEAN & JERKS
@ 01:00	5 BAR FACING BURPEES		
@ 02:00	5 BAR FACING BURPEES		21 CLEAN & JERKS
@ 03:00	5 BAR FACING BURPEES		
@ 04:00	5 BAR FACING BURPEES		15 CLEAN & JERKS
@ 05:00	5 BAR FACING BURPEES		
@ 06:00	5 BAR FACING BURPEES		9 CLEAN & JERKS
<b>TOTAL REPS COMPLETED</b> (TOTAL CLEAN & JERKS + TOTAL BAR-FACING BURPEES)			MAX CLEAN & JERKS

**SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER**

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME



## SUBMISSION CHECKLIST

- For each athlete, are your scores correctly inputted in Competition Corner, and did you submit it before the deadline of Monday, November 24th @ 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?
- For each athlete, is your video correctly inputted in Competition Corner and did you submit it before the deadline of Tuesday, November 25th @ 8 p.m. ET?