WORKOUT ONE

PRESENTED BY GYMREAPERS

FOR TIME

21-15-15-15-9
Snatches
Box Jump Overs
TIME CAP: 10 MINUTES

LOWER	STANDING	UPPER	SEATED	NEURO
LOWER MINOR 21-15-15-15-9 Snatches (65, 45) Box Jump Overs (24, 20)	**STANDING DIAGNOSED** 21-15-15-15-9 Snatches (65, 45) Box Jump Overs (24, 20)	**UPPER 1** 21-15-15-15-9 Snatches (45, 35) Box Jump Overs (24, 20)	**SEATED 1 (WITH HIP)** 21-15-15-15-9 Snatches From the Lap (55, 40) Plate overs PLATES: 45lb	**NEURO MINOR** 21-15-15-15-9 Snatches (65, 45) Box Jump Overs (24, 20)
LOWER BK 21-15-15-15-9 Snatches (65, 45) Box Step Overs (24, 20)	**VISION** 21-15-15-15-9 Snatches (65, 45) Box Get Overs (24, 20)	**UPPER 2** 21-15-15-15-9 Snatches (65, 45) Box Jump Overs (24, 20)	**SEATED 2 (WITHOUT HIP)** 21-15-15-15-9 Snatches From the Lap (60, 50) Plate Overs PLATES: 45lb	**NEURO MODERATE** 21-15-15-15-9 Snatches (55, 40) Box Step Overs (24, 20)
LOWER AK 21-15-15-15-9 Hang Snatches (55, 40) Box Get Overs (24, 20)	**SHORT STATURE** 21-15-15-15-9 Snatches (55, 40) Box Get Overs (20)		**SEATED 3 (QUAD)** 21-15-15-15-9 Snatches From the Lap (45, 35) Plate Overs PLATES: 25lb	**NEURO MAJOR** 21-15-15-15-9 Snatches (45, 35) Box Get Overs (24, 20)
	INTELLECTUAL WITH CC 21-15-15-15-9 Snatches (45, 35) Box Get Overs (20)			
	INTELLECTUAL WITHOUT CC 21-15-15-15-9 Snatches (55, 45) Box Get Overs (20)			

WORKOUT ONE

PRESENTED BY GYMREAPERS

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

WORKOUT FLOW

- Start with your back to the barbell.
- At “go,” turn around and complete 21 snatches, then 21 box jump overs.
- Then, complete 3 rounds of 15 snatches and 15 box jump overs or (division variations).
- Finish with 9 snatches and 9 box jump overs.
- Time stops when both feet touch the ground on the other side of the box after the final box jump over. Or your (division variations).

NOTES

- Athletes may not receive assistance managing/moving their barbell or box unless stated in the division movement standards.
- Gymnastics grips are not permitted for this workout.

SCORE

- If completed within the 10-minute time cap, your score is your finish time.
- If time capped, your score is the total reps completed.

TIEBREAK

- Record a tiebreak time after the set of 21 box jump overs and each set of 15 box jump overs.
- Your tiebreak is your last recorded tiebreak time.
- If athletes have the same score, the faster tiebreak time wins

EQUIPMENT

Barbell

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

Bumper plates

- Must be standard bumper plates 18 inches (45 centimeters) in diameter.

Collars

Box

- The dimensions of the box must be at least 30 in x 24 in x 20 in

MOVEMENT STANDARDS

SNATCHES

Start of rep

- Barbell on the ground.

During movement

- Muscle snatch, power snatch, squat snatch, or split snatch are permitted.
    - Hang snatches are not permitted.
- No body part other than feet may touch the floor.
- Grips or straps are not permitted.

Completion of rep

- Barbell locked out overhead.
- Elbows, hips, and knees fully extended.
- Barbell over or slightly behind midline (profile view).
- Feet in line under the body.

HANG SNATCHES

Start of rep

- Barbell in the hang position with hips and knees fully extended.

During movement

- When you lower the bar into the hang position, it must be above the knee.
- Hang Muscle snatch, hang power snatch, hang squat snatch or split snatch are permitted.
- No body part other than feet may touch the floor.
- Grips or straps are not permitted.

Completion of rep

- Elbows, hips, and knees fully extended.
- Barbell over or slightly behind midline (profile view).
- Feet in line under the body.

SNATCHES FROM THE LAP

Start of rep

- Barbell on the ground.

During movement

- Must be in one continuous motion; the bar may touch the shoulders on the turnover but must not stop or descend.
- No bouncing the bar off the lap.
- A lap pad is recommended.

- Grips or straps are not permitted.
- Seated athletes may receive assistance getting the barbell to the lap.

Completion of rep

- Barbell locked out overhead.
- Elbows fully extended.
- Barbell over or slightly behind midline (profile view).

BOX JUMP OVERS

Start of Rep

- Athlete on one side of the box.

During the Rep

- The athlete may face any direction.
- A two-foot takeoff is not required.
- Both feet must make contact with the top of the box before either foot leaves. They do not need to land simultaneously.
- Full hip extension on top of the box is not required.
- Only the feet may touch the box during the jump.
- Hands may not touch the body for assistance.
- Athletes must step down from the top of the box.
- Completely clearing the box without contacting the top is not permitted.

Completion of Rep

- Both feet touch the ground on the opposite side of the box.
    - Athletes must step down from the top of the box.

BOX STEP OVERS

Start of Rep

- Athlete on one side of the box.

During the Rep

- The athlete may face any direction.
- Athletes may step or jump to the top of the box.
- Both feet must make contact with the top of the box before either foot leaves. They do not need to land simultaneously.
- Full hip extension on top of the box is not required.
- Only the feet may touch the box during the jump.
- Hands may not touch the body for assistance.
- Athletes must step down from the top of the box.
- Completely clearing the box without contacting the top is not permitted.

Completion of Rep

- Both feet touch the ground on the opposite side of the box.
    - Athletes must step down from the top of the box.

BOX GET OVERS

Start of Rep

- Athlete on one side of the box.

During the Rep

- The athlete may face any direction.
- Athletes may step or jump to the top of the box.
- Both feet must pass over the top of the box and stay above the top line of the box. Both feet do not need to land simultaneously.
- Full hip extension on top of the box is not required.
- Hands may touch the box for safety and balance during the rep. But both hands must come completely off of the box before starting the next rep.
- Completely clearing the box without contacting the top is not permitted.

Completion of Rep

- Both feet touch the ground on the opposite side of the box with both hands completely off of the box.

PLATE OVERS

Start of Rep

- Front casters behind the plates.

During the Rep

- The athlete may face any direction.
- Use hands on the rims only; no pushing off the ground.
- No pushes or assistance from anyone.
- Wheels must pass directly over the plates, and can not go around.

Completion of Rep

- Both your front casters and rear axle completely clear the plate on the other side.

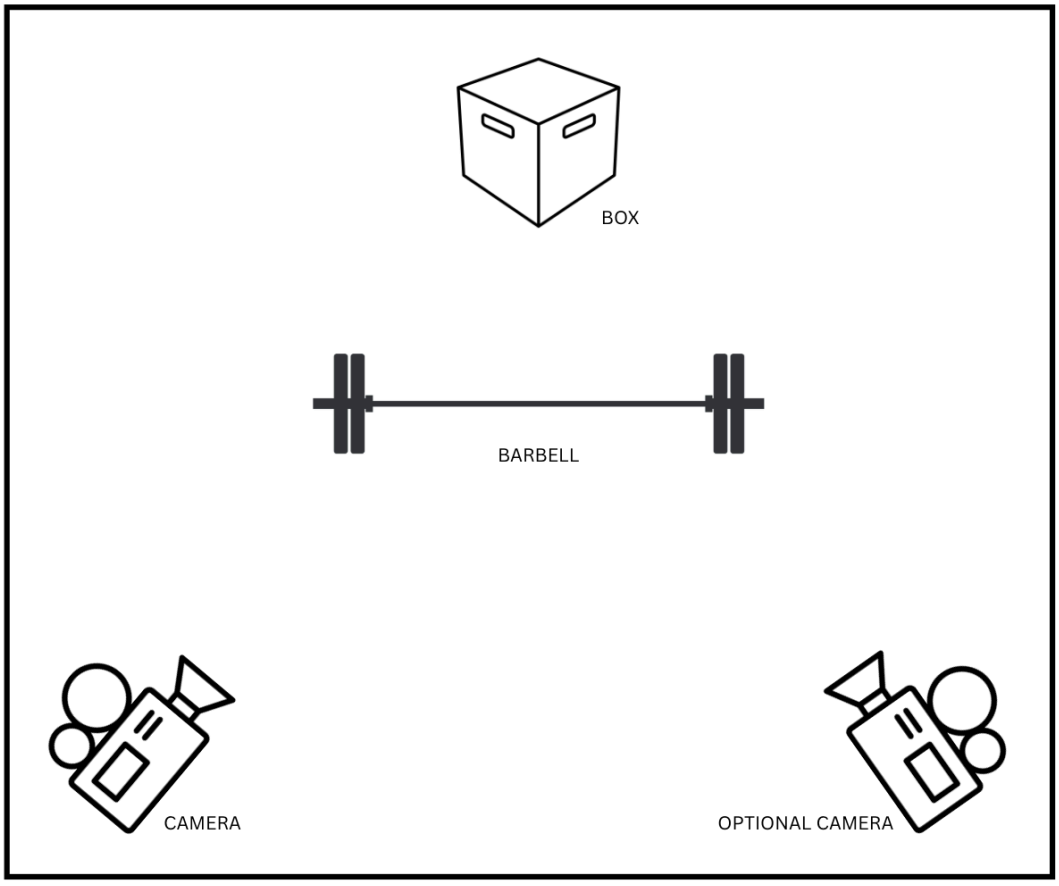
EXTRA

- Face the camera during all snatches.
- Position and/or move the camera so both sides of the box and all jumps and landings are clearly visible during box jump overs.

FILMING STANDARDS

- Clearly state or show your name, division, and workout on camera.
- Show all required competition area measurements, equipment loads, and heights clearly.
- Record the entire workout in one continuous, unedited video.
- Keep a clock or timer visible throughout the workout.
- Position the camera so all movements and required standards can be clearly verified.
- Videos filmed with a fisheye or similar lens may be rejected.
- Failure to meet these standards may result in a penalty or invalidation of the video.

Video submission is required for athletes seeking a spot through qualification. It is not required for athletes entering through Open Registration.



WORKOUT ONE

PRESENTED BY GYMREAPERS

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

STANDING DIAGNOSED, LOWER DIVISIONS, NEURO DIVISIONS, VISION, SHORT STATURE, UPPER DIVISIONS, INTELLECTUAL DIVISIONS		
21 SNATCHES	21	
21 BOX JUMP OVERS	42	TIME
15 SNATCHES	57	
15 BOX JUMP OVERS	72	TIME
15 SNATCHES	87	
15 BOX JUMP OVERS	102	TIME
15 SNATCHES	117	
15 BOX JUMP OVERS	132	TIME
9 SNATCHES	141	
9 BOX JUMP OVERS	150	
TIME OR REPS 10 MIN		
TIEBREAK TIME		

WORKOUT ONE

PRESENTED BY GYMREAPERS

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

SEATED DIVISIONS		
21 SNATCHES (FROM THE LAP)	21	
21 ROLL OVERS	42	TIME
15 SNATCHES (FROM THE LAP)	57	
15 ROLL OVERS	72	TIME
15 SNATCHES (FROM THE LAP)	87	
15 ROLL OVERS	102	TIME
15 SNATCHES (FROM THE LAP)	117	
15 ROLL OVERS	132	TIME
9 SNATCHES (FROM THE LAP)	141	
9 ROLL OVERS	150	
TIME OR REPS 10 MIN		
TIEBREAK TIME		

WORKOUT ONE

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SCORES DUE MON, NOV 9 @ 8:00PM ET VIA COMPETITION CORNER

SUBMISSION CHECKLIST

- [ ] Is your score entered correctly in Competition Corner?
- [ ] Did you submit your score before Monday, November 9 @ 8:00pm ET?

WHEN SUBMITTING A VIDEO

- [ ] Is this the correct video for this workout?
- [ ] Is it playable, publicly viewable, and free of copyright issues?
- [ ] Did you clearly state or show your name, division, and workout?
- [ ] Is a clock or timer clearly visible throughout the workout?
- [ ] Are all required measurements and weights clearly shown and stated?
- [ ] Can all movements be clearly verified against WZA's movement standards?
- [ ] Is the camera's view unobstructed?
- [ ] Is the video continuous and unedited?