# WORKOUT ONE

PRESENTED BY GYMREAPERS

## FOR TIME

21-15-15-15-9

Snatches

Box Jump Overs

**TIME CAP: 10 MINUTES**

| ALL DIVISIONS | MODIFIED |
|---|---|
| 21-15-15-15-9 | 21-15-15-15-9 |
| Snatches (75, 55 lb) (34, 25 kg) | Snatches (75, 55) (34, 25 kg) |
| Box Jump Overs (24, 20) (61, 51 cm) | Box Jump or Step Overs (24, 20) (61, 51 cm) |

# 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
- 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

## NOTES

- Athletes may not receive assistance managing/moving their barbell or box.
- 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 in (45 cm) in diameter
- Collars
- Box

# 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

## 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 (MODIFIED)

**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

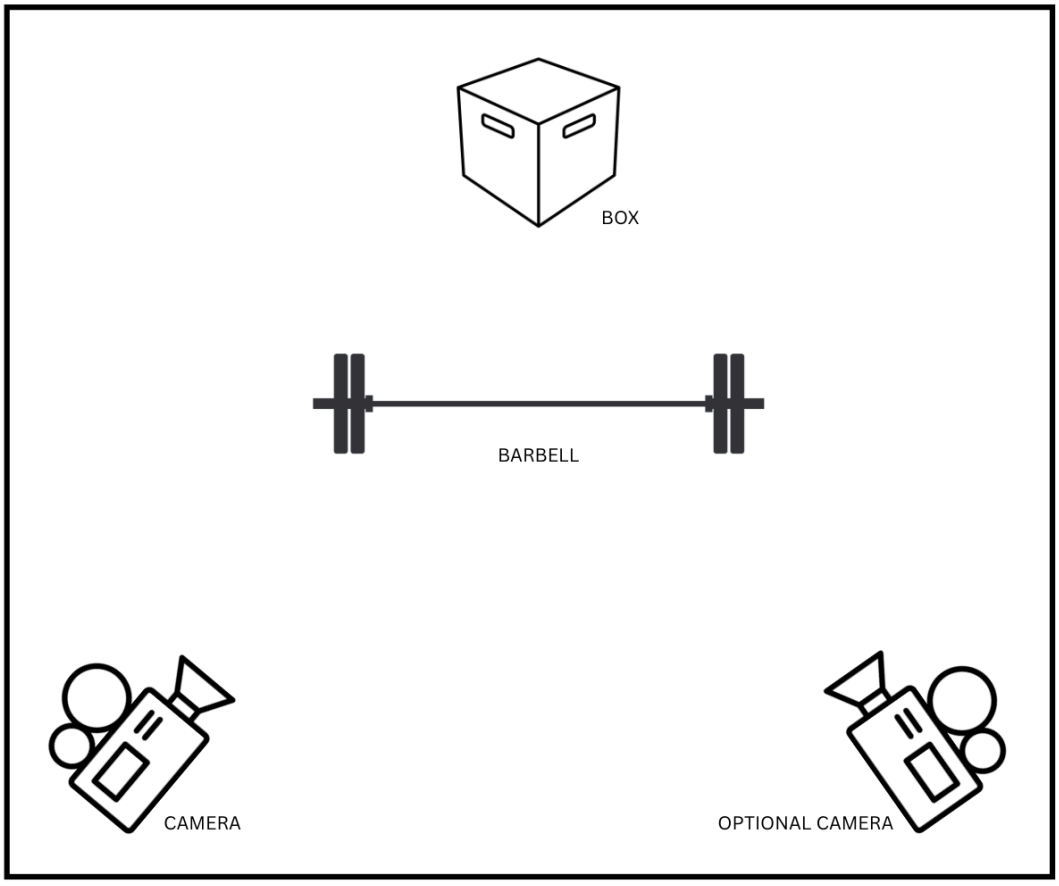
## EXTRA

- 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.***



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ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

| ALL 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

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ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

| SUBMIT INDIVIDUAL SCORE | SUBMIT PAIRS/TEAMS SCORE |
|---|---|
| | |
| **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, @ 8:00 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?