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# TEST 3

Thursday, October 14 - Monday, October 18, 2021

## TEST 3

## VARIATIONS

For Time:

Prior to 8:00, complete  
15/12 Calorie Row  
15 Squat Clean 135/95

15/12 Calorie Row  
12 Squat Clean 185/125

\*Prior to 12:00, complete  
15/12 Calorie Row  
9 Squat Clean 225/155

\*Prior to 16:00, complete  
15/12 Calorie Row  
6 Squat Clean 245/165

\*Prior to 20:00, complete  
15/12 Calorie Row  
3 Squat Clean 275/185

\*Prior to 24:00, complete  
15/12 Calorie Row  
1 Squat Clean 295/195

\*If all reps are complete, time cap extends by 4 minutes

### 18-44 Age Divisions

135/95  
185/125  
225/155  
245/165  
275/185  
295/195

### 45-54 Age Divisions

95/65  
135/95  
185/125  
225/155  
245/165  
275/185

### 55+, Teen, Scaled

**Divisions**  
75/55  
95/65  
135/95  
155/105  
185/125  
225/155

\*Power clean into a front squat permitted

## EQUIPMENT

- Concept2 Rower
- Barbell with appropriate weight

For each workout, be sure the athlete has adequate space to safely complete all the 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 video may be disqualified from the competition.



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### **NOTES:**

Athletes must use a clock that is counting up. This workout begins with the athlete sitting on the rower with hands off the handle. At the call of “3..2..1..go”, the athlete will have 8 minutes to perform 15/12 calories, then 15 squat cleans, then another 15/12 calories and 12 squat cleans. If all reps are not completed within the 8 minutes, the athlete’s workout is over, and they will stop and record their score.

If the athlete completes all reps within the 8-minute window, the athlete will earn an additional 4 minutes to continue with the couplet. If the athlete completes the third row/squat clean couplet by the 12 minute mark, he will earn an additional 4-minute window. If the third row/squat clean couplet is not finished prior to the 12-minute mark, the athlete’s workout is over, and they will stop and record their score. This same process will continue for the remaining three row/squat clean couplets. Once a row/squat clean section is completed, the athlete may immediately begin their next section. They do not need to wait for the 4-minute window to expire before moving on to the next section.

This workout is over when the athlete completes all the required work prior to 24 minutes or fails to complete all the repetitions within the cutoff time for a section. The athlete’s score is their time if they complete the workout or the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

Team scores will be the sum of both athlete’s scores. The team captain will be required to submit both scores. The scoring system will total team scores once they are both submitted.

If all reps are completed prior to the 24-minute time cap, your score will be your total time and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each row/squat clean couplet. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full row/squat clean couplet. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining.



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# VIDEO SUBMISSION GUIDELINES

Prior to starting, film the barbell and weights being used. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

## MOVEMENT STANDARDS:

### **Row**

The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads the appropriate amount of calories.

### **Squat Clean**

The barbell begins on the ground and athletes can not pause in the hang position or perform a hang clean. After each rep, the barbell must return to the floor with both bumper plates touching the ground.

In every division, the athlete must pass through a full squat with hips below the knees. For the 18-54 age divisions, catching the bar while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power clean followed by a front squat will not be allowed in the 18-54 age divisions. Athletes in the Teen/Masters55+/Scaled divisions can power clean the barbell and perform a front squat.

The athlete must stand with hips and knees fully extended with the barbell in the front rack position. Failure to lock hips and knees before returning the barbell to ground is a no rep.



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## TEST 3

For Time:

### 18-44 Age Divisions

### 45-54 Age Divisions

Prior to 8:00, complete

15/12 Calorie Row

15 Squat Clean 135/95

135/95

95/65

185/125

135/95

225/155

185/125

245/165

225/155

275/185

245/165

295/195

275/185

15/12 Calorie Row

12 Squat Clean 185/125

### 55+, Teen, Scaled Divisions

\*Prior to 12:00, complete

15/12 Calorie Row

9 Squat Clean 225/155

75/55

95/65

135/95

155/105

185/125

225/155

\*Prior to 16:00, complete

15/12 Calorie Row

6 Squat Clean 245/165

\*Power clean into a front squat permitted

\*Prior to 20:00, complete

15/12 Calorie Row

3 Squat Clean 275/185

\*Prior to 24:00, complete

15/12 Calorie Row

1 Squat Clean 295/195

\*If all reps are complete, time cap extends by 4 minutes



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## MEN'S SCORECARD

	CALORIES	CLEAN		
135/95/75	15	15	30	_____
				TIME
185/135/95	15	12	57	_____
8:00				TIME
225/185/135	15	9	81	_____
12:00				TIME
245/225/155	15	6	102	_____
16:00				TIME
275/245/185	15	3	120	_____
20:00				TIME
295/275/225	15	1	136	_____
24:00				TIME

**\*TEAM SCORING NOTE\***

Athletes who fail to finish the workout must add 1 second for every rep not finished.

MALE ATHLETE EXAMPLE: If an athlete finishes 78 of the 136 total reps, he must add 58 seconds to the time cap of 24:00. His score would be entered as 24:58.

FEMALE ATHLETE EXAMPLE: If an athlete finishes 78 of the 118 total reps, she must add 40 seconds to the time cap of 24:00. Her score would be entered as 24:40.

PLEASE NOTE: Team scores must be submitted by the Team Captain (the athlete who registered your team for the event).

TOTAL REPS \_\_\_\_\_

TOTAL REPS / TIME TO FINISH	_____
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TIE BREAK TIME (time of last completed section. Finish workout = no tie break time)	_____
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 RX

 Scaled

Athlete Signature

Judge Signature

\_\_\_\_\_

\_\_\_\_\_



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## WOMEN'S SCORECARD

	CALORIES	CLEAN	
95/65/55	12	15	27
			TIME
125/95/65	12	12	51
<b>8:00</b>			TIME
155/125/95	12	9	72
<b>12:00</b>			TIME
165/155/105	12	6	90
<b>16:00</b>			TIME
185/165/125	12	3	105
<b>20:00</b>			TIME
195/185/155	12	1	118
<b>24:00</b>			TIME

**\*TEAM SCORING NOTE\***

Athletes who fail to finish the workout must add 1 second for every rep not finished.

MALE ATHLETE EXAMPLE: If an athlete finishes 78 of the 136 total reps, he must add 58 seconds to the time cap of 24:00. His score would be entered as 24:58.

FEMALE ATHLETE EXAMPLE: If an athlete finishes 78 of the 118 total reps, she must add 40 seconds to the time cap of 24:00. Her score would be entered as 24:40.

PLEASE NOTE: Team scores must be submitted by the Team Captain (the athlete who registered your team for the event).

TOTAL REPS \_\_\_\_\_

TOTAL REPS / TIME TO FINISH	
-----------------------------	--

TIE BREAK TIME (time of last completed section. Finish workout = no tie break time)	
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RX

Scaled

Athlete Signature

Judge Signature

\_\_\_\_\_

\_\_\_\_\_