



WORKOUT 1

Thursday, October 3 - Tuesday, October 8, 2024

WORKOUT 1

For Max Reps:

20:00 AMRAP
24 Calorie Row
Into
3 Rounds
12 Wall Ball (20/14) (10'/9')
6 Alternating DB Snatch (50/35)

EQUIPMENT

- Concept2 Rower
- Wall Ball
- Wall Ball Target
- Dumbbell

VARIATIONS

PRO/RX/INT/35-54/16-18 TEENS - INDIVIDUALS & TEAMS

Wall Ball (20/14) (10'/9')
DB Snatch (50/35)

55+/NOVICE/13-15 TEENS - TEAMS & INDIVIDUALS

Wall Ball (14/10) (10'/9')
DB Snatch (35/20)

SUBMISSION & RECORDING GUIDELINES

Workout scores must be submitted by 9pm EST on Tuesday, October 8, 2024. Late submissions will not be accepted. Athletes must have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score, but all athletes who finish in a qualifying position and who do not submit a video may receive an email notification at the conclusion of the qualifier with a request to submit a video for qualification verification purposes. Athletes should use WODProof to record their workout videos. WODProof integrates directly with our scoring software - Competition Corner - allowing athletes to seamlessly upload workout videos.

Team Score Entry: The score will be the sum of both athlete's score. The team captain will be required to submit both scores online.



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WORKOUT FLOW

At the call of 3, 2, 1, go, the athlete will begin the row portion of the workout. The athlete can start sitting in the rower with the monitor on, but can not have his hands on the rower handle.

Once the correct number of calories show on the monitor, the athlete can leave the rower and move to the wall ball and begin his set of wall balls. Once complete, the athlete moves to the dumbbell to complete the alternating dumbbell snatches.

Once all snatches are complete, the athlete will return to the wall ball to begin his second round of the wall ball and snatch couplet. Once three full rounds of the wall ball and snatch couplet are completed, the athlete will return to the rower. Once the correct number of calories show on the monitor, the athlete can leave the rower and move to the wall ball and begin his set of wall balls.

This rotation will continue for the full 20 minutes. Once the clock hits 0:00 or 20:00, the athlete must stop.

The athlete's score will be the total reps completed in the 20:00 AMRAP. Athletes can use a clock that counts up or down for this workout. There is no tiebreak time for workout 1.

MOVEMENT STANDARDS:

Row: The athlete can not leave the rower until the prescribed number of calories is shown on the monitor. The athlete or judge must reset the monitor before each set of calories. The monitor must read zero at the beginning of each set. The athlete can start the workout sitting in the rower with the monitor on, but can not have his hands on the rower handle.

Wall Ball: The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the target height. If the ball hits low or does not hit the wall, it is a no rep. If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Single DB Alternating Snatch: The movement begins with the DB on the ground in front of the athlete. With one hand, the athlete will move the DB in one motion from the ground to overhead. A pause at the shoulders into a press is not allowed. At the top of the movement, the arms, hips and knees must be fully extended with the arm in line with the athlete's head. During the movement, the athlete's off-hand can not make contact with the athlete's body. At the bottom of the movement, both heads of the DB must make contact with the ground. The athlete must alternate hands each rep. The athlete can switch the DB between hands in any manner they choose. The athlete can switch hands with the DB over the athlete's head.



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DB Snatch (35/20)

Submit Individual Score (Scan Here) Submit Team Score (Scan Here)



ROUND 1		ROUND 5	
24 Calorie Row	24	24 Calorie Row	336
12 Wall Ball	36	12 Wall Ball	348
6 Alt DB Snatch	42	6 Alt DB Snatch	354
12 Wall Ball	54	12 Wall Ball	366
6 Alt DB Snatch	60	6 Alt DB Snatch	372
12 Wall Ball	72	12 Wall Ball	384
6 Alt DB Snatch	78	6 Alt DB Snatch	390
ROUND 2		ROUND 6	
24 Calorie Row	102	24 Calorie Row	414
12 Wall Ball	114	12 Wall Ball	426
6 Alt DB Snatch	120	6 Alt DB Snatch	432
12 Wall Ball	132	12 Wall Ball	444
6 Alt DB Snatch	138	6 Alt DB Snatch	450
12 Wall Ball	150	12 Wall Ball	462
6 Alt DB Snatch	156	6 Alt DB Snatch	468
ROUND 3		ROUND 7	
24 Calorie Row	180	24 Calorie Row	492
12 Wall Ball	192	12 Wall Ball	504
6 Alt DB Snatch	198	6 Alt DB Snatch	510
12 Wall Ball	210	12 Wall Ball	522
6 Alt DB Snatch	216	6 Alt DB Snatch	528
12 Wall Ball	228	12 Wall Ball	540
6 Alt DB Snatch	234	6 Alt DB Snatch	546
ROUND 4		ROUND 8	
24 Calorie Row	258	24 Calorie Row	570
12 Wall Ball	270	12 Wall Ball	582
6 Alt DB Snatch	276	6 Alt DB Snatch	588
12 Wall Ball	288	12 Wall Ball	600
6 Alt DB Snatch	294	6 Alt DB Snatch	606
12 Wall Ball	306	12 Wall Ball	618
6 Alt DB Snatch	312	6 Alt DB Snatch	624

Athlete Signature

Judge Signature

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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TEAM SCORE ENTRY

TOTAL REPS	
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