



WORKOUT 1

Thursday, October 2 (7pm EST) - Wednesday, October 8, 2025 (9pm EST)

WORKOUT 1

For Max Reps:

20:00 AMRAP
40 Calorie Row
20 Box Step Over (24/20)
40 Calorie Row
20 Burpee Box Jump Over (24/20) (Must Step Down)

EQUIPMENT

- Concept2 or Rogue Echo Rower
- Plyo Box

VARIATIONS

ALL DIVISIONS - INDIVIDUALS & TEAMS

20:00 AMRAP
40 Calorie Row
20 Box Step Over (24/20)
40 Calorie Row
20 Burpee Box Jump Over (24/20) (Must Step Down)**

All divisions perform the same workout.

Athletes competing in the following divisions can step up onto the box during the burpee box jump over: **Novice, Teen 13-15, 55-59/60-65/65+ (INDY), 55+ (TEAM).

SUBMISSION & RECORDING GUIDELINES

Workout scores must be submitted by 9pm EST on Wednesday, October 8, 2025. Late submissions will not be accepted. Athletes should 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 athletes 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 may start sitting on the rower with the monitor on. The rower must be set to 0 calories and the athlete's hands may not touch the handle until go.

The athlete must remain seated on the rower until 40 calories are displayed on the monitor. The athlete will move to the plyo box and begin the box step overs. Once complete, the athlete moves back to the rower to complete the second set of 40 calories. The rower must be reset to 0 before the athlete starts rowing again. The rower may be re-set by anyone. The athlete must remain seated on the rower until 40 calories are displayed on the monitor. The athlete will move to the plyo box and begin their set of burpee box jump overs.

The athlete will repeat this rotation until the clock reaches 20:00. This rotation will continue for the full 20 minutes. Once the clock hits 0:00 (if counting down) or 20:00 (if counting up), 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. If you end the AMRAP on the rower, the number of calories displayed on the rower will be counted towards your reps. NO roll over calories will be allowed.

There is no tiebreak time for workout 1.



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MOVEMENT STANDARDS:

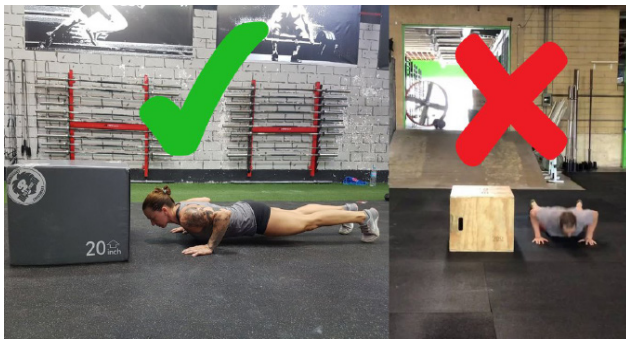
Row: The athlete must sit on the rower until the prescribed number of calories is shown on the monitor. Anyone can reset the monitor before each set of calories. The monitor must read zero at the beginning of each set. The athlete can start the workout sitting in the rower with the monitor on, but can not have his hands on the rower handle. If you end the AMRAP on the rower, the number of calories displayed on the rower will be counted towards your reps. NO roll over calories will be allowed. Concept 2 or Rouge Echo Rowers must be used.

Box Step Over: Setting the box at an angle is not allowed. Athletes start each rep with both feet on the floor. Lateral and forward facing Step-ups on to and off of the box are allowed. When stepping up and over, both feet must make contact with the top of the box. There is no requirement to stand tall on top of the box. Only the athlete's feet may make contact with the box. The rep is counted when both of the athlete's feet touch the ground on the other side of the box.

Burpee Box Jump Over: Setting the box at an angle is not allowed. The burpee box jump-over starts with the athlete facing the box (head closest to the box / feet farthest from the box - **see image below for correct set-up**) while touching their chest and thighs to the ground, and finishes with both of the athlete's feet touching the ground on the other side of the box.

Athletes may step or jump in and out of the push-up position. A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete must step off to the other side. There is no requirement to stand tall while on top of the box. Athletes may NOT jump over the box.

If a division allows a step up for the box portion of burpee box jump over, the same standards apply as the box step over listed above.



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SUBMIT SCORE

Scores due by 9pm EST on Wednesday, October 8.
Team captains responsible for submitting BOTH teammates scores.

Submit Individual
Score (Scan Here)



Submit Team Score
(Scan Here)



Athlete Signature

Judge Signature

40 Calorie Row	40
20 Box Step Over	60
40 Calorie Row	100
20 Burpee Box Jump Over	120
40 Calorie Row	160
20 Box Step Over	180
40 Calorie Row	220
20 Burpee Box Jump Over	240
40 Calorie Row	280
20 Box Step Over	300
40 Calorie Row	340
20 Burpee Box Jump Over	360
40 Calorie Row	400
20 Box Step Over	420
40 Calorie Row	460
20 Burpee Box Jump Over	480

INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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TEAM SCORE ENTRY

TOTAL REPS	
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