

THE WORKOUT

18:00 AMRAP

6 Shuttle Runs (25' down and 25' back = 1 rep)

18 Line Facing Burpees

54 Double Unders

VARIATIONS BY DIVISION

DIVISION	SCALING
All divisions except Novice	All divisions except Novice perform the workout as written. Novice has its own scorecard.
Novice	Double unders → Single Unders (54 reps)

EQUIPMENT

- Two tape lines set 25' apart
- Jump rope

SUBMISSION & RECORDING GUIDELINES

Workout scores must be submitted by **9PM EST on Wednesday, October 7**. 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.

WORKOUT FLOW

At the call of 3, 2, 1, go, the athlete will begin with six 50-foot shuttle runs (25' down and 25' back). Once completed, the athlete will use one of the lines from the shuttle run to perform 18 line facing burpees. Once completed, the athlete will perform 54 double-unders.

The athlete will repeat this rotation — shuttle runs, burpees, double-unders — until the clock reaches 18:00.

The athlete's score will be the total reps completed in the 18:00 AMRAP. Athletes can use a clock that counts up or down for this workout.

There is no tiebreak time for Workout 1.

Shuttle Run

The athlete must place two tape lines on the ground that are 25 feet apart. The 25' measurement will be from outside edge to outside edge of the tape line. 1 shuttle run equals 50' - 25' down and 25' back. Each rep starts with the athlete's feet clearly behind the start line. At each turnaround, one hand must touch the ground over the line before the athlete may return in the opposite direction. Touching the line will NOT count. Both feet do NOT need to cross the line during a turnaround rep. On the final 25' of the final shuttle run, the rep is completed once both feet cross the line. In the event of a no rep, you must return behind the line you started and complete the entire length again. On the final shuttle run, the athlete must simply pass the line to begin their line facing burpees. If the AMRAP ends on the shuttle run and the athlete does not complete the full 50ft, the repetition will not count.

Line Facing Burpee

The athlete will use one of the lines for the shuttle runs. Athletes may jump or step down to the ground. At the bottom of the burpee, the athlete's chest and thighs must make contact with the ground for the rep to count. Athletes may jump or step up. The athlete must cross the line with both feet in the air at the same time; a two-foot jump/take-off is NOT required as long as both feet are off the ground simultaneously. The rep is credited when the athlete has cleared the line and both feet are on the other side of the line.

Double Under

The rope must make two full rotations under the athlete's feet per rep, spinning in a forward motion.

Single Under

The rope must make one rotation to count. The rope must spin in a forward motion.

ATHLETE NAME	DIVISION	JUDGE NAME
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SUBMIT SCORE

Scores due by **9PM EST on Wednesday, October 7.**

Team captains submit BOTH teammates' scores.



SUBMIT
INDIVIDUAL



SUBMIT
TEAM



WODPROOF
DOWNLOAD

ROUND 1

6 Shuttle Runs	6
18 Line Facing Burpees	24
54 Double Unders	78

ROUND 2

6 Shuttle Runs	84
18 Line Facing Burpees	102
54 Double Unders	156

ROUND 3

6 Shuttle Runs	162
18 Line Facing Burpees	180
54 Double Unders	234

ROUND 4

6 Shuttle Runs	240
18 Line Facing Burpees	258
54 Double Unders	312

ROUND 5

6 Shuttle Runs	318
18 Line Facing Burpees	336
54 Double Unders	390

ROUND 6

6 Shuttle Runs	396
18 Line Facing Burpees	414
54 Double Unders	468

ROUND 7

6 Shuttle Runs	474
18 Line Facing Burpees	492
54 Double Unders	546

ROUND 8

6 Shuttle Runs	552
18 Line Facing Burpees	570
54 Double Unders	624

ROUND 9

6 Shuttle Runs	630
18 Line Facing Burpees	648
54 Double Unders	702

ROUND 10

6 Shuttle Runs	708
18 Line Facing Burpees	726
54 Double Unders	780

ATHLETE SIGNATURE

JUDGE SIGNATURE

WORKOUT 1 SCORE

TOTAL REPS

ATHLETE NAME

DIVISION

JUDGE NAME

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