



# ONLINE STAGE WORKOUT 1



## Rx/Intermediate

AMRAP 10 (alternating complete rounds):

- 25 Double Unders
- 5 Ground-to-Overhead (135/95)

## Scaled

AMRAP 10 (alternating complete rounds):

- 45 Single Unders
- 5 Ground-to-Overhead (95/65)

### NOTES

The workout will begin with a clock set to count upwards from 0:00 to 10:00. At 3-2-1-GO, teams will begin the 10-minute workout alternating complete rounds.

Athlete 1 will perform the listed number of repetitions with the jump rope, followed by 5 Ground-to-Overhead repetitions with the barbell. Once Athlete 1 has completed a complete round (30 repetitions for Rx/Intermediate, 50 repetitions for Scaled), Athlete 2 will perform a complete round of the same. Athletes will continue in this alternating manner until the clock has counted 10 minutes.

A team's score will be the total number of repetitions completed at the end of the 10-minute workout.

There is no tiebreak in this workout.

### EQUIPMENT

- Barbell
- Standard bumper plates (18inch diameter) to load the appropriate weight for your division
- Collars to secure weight on the barbell
- Jump rope(s)

Prior to the start of the workout, load the barbell to the appropriate weight based on competition division. Ensure that the weight plates are secured onto the barbell using collars.

Be sure that athletes have adequate space to safely perform all the movements within the workout. Clear the area of all extra equipment, people, or other obstructions.

### VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- The equipment and a clock/timer must remain in the frame for the entirety of the workout.
- Shoot the video so that all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye or otherwise distorted lens will be rejected.

# MOVEMENT STANDARDS

## DOUBLE UNDERS

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

## SINGLE UNDERS

- For the Scaled division, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

## GROUND TO OVERHEAD

- Every rep begins with the barbell on the ground.
- Any variation of Snatch or Clean & Jerk is acceptable.
- Touch and go is permitted, but deliberately bouncing the barbell is not.
- Dropping from overhead is permitted, but the bar must settle on the ground before being picked up for the next repetition.
- The rep is credited when:
  - The barbell is at full lockout overhead, with the hips, knees, and arms fully extended.
  - The barbell is directly over or slightly behind the middle of the body.
  - Note: If a split-style is used, both feet must be brought back in line to finish the repetition.

# SCORECARDS – WORKOUT 1

RX/INTERMEDIATE

25 Double Unders	25
5 G2OH	30
25 Double Unders	55
5 G2OH	60
25 Double Unders	85
5 G2OH	90
25 Double Unders	115
5 G2OH	120
25 Double Unders	145
5 G2OH	150
25 Double Unders	175
5 G2OH	180
25 Double Unders	205
5 G2OH	210
25 Double Unders	235
5 G2OH	240
25 Double Unders	265
5 G2OH	270

25 Double Unders	295
5 G2OH	300
25 Double Unders	325
5 G2OH	330
25 Double Unders	355
5 G2OH	360
25 Double Unders	385
5 G2OH	390
25 Double Unders	415
5 G2OH	420
25 Double Unders	445
5 G2OH	450
25 Double Unders	475
5 G2OH	480
25 Double Unders	505
5 G2OH	510
25 Double Unders	535
5 G2OH	540

**TOTAL REPS COMPLETED AT 10:00**

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# SCORECARDS

SCALED

45 Single Unders	45
5 G2OH	50
45 Single Unders	95
5 G2OH	100
45 Single Unders	145
5 G2OH	150
45 Single Unders	195
5 G2OH	200
45 Single Unders	245
5 G2OH	250
45 Single Unders	295
5 G2OH	300
45 Single Unders	345
5 G2OH	350
45 Single Unders	395
5 G2OH	400
45 Single Unders	445
5 G2OH	450

45 Single Unders	495
5 G2OH	500
45 Single Unders	545
5 G2OH	550
45 Single Unders	595
5 G2OH	600
45 Single Unders	645
5 G2OH	650
45 Single Unders	695
5 G2OH	700
45 Single Unders	745
5 G2OH	750
45 Single Unders	795
5 G2OH	800
45 Single Unders	845
5 G2OH	850
45 Single Unders	895
5 G2OH	900

**TOTAL REPS COMPLETED AT 10:00**

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