



WEEK 3 - QUALIFIER WORKOUT 5

6.21.17 7 PM CDT - 6.26.17 7 PM CDT

| | |
|--------------------|-----|
| 60 CALRORIE ROW | 60 |
| 80 WALL BALL SHOTS | 140 |
| 100 DOUBLE UNDERS* | 240 |

| | |
|--------------------|-----|
| 40 CALRORIE ROW | 280 |
| 60 WALL BALL SHOTS | 340 |
| 80 DOUBLE UNDERS* | 420 |

| | |
|--------------------|-----|
| 20 CALRORIE ROW | 440 |
| 40 WALL BALL SHOTS | 380 |
| 60 DOUBLE UNDERS* | 540 |

ATHLETE NAME:

COMMUNITY NAME:

TOTAL TIME

ASRX

SCALED

ALL DIVISIONS

ASRX (AGES 19-44)

FOR TIME

60 calorie row
80 wall ball shots
100 double unders

40 calorie row
60 wall ball shots
80 double unders

20 calorie row
40 wall ball shots
60 double unders

(Wall Ball: 20lbs-10ft/14lbs-9ft)

SCALED (AGES 19-44)

FOR TIME

60 calorie row
80 wall ball shots
100 single unders

40 calorie row
60 wall ball shots
80 single unders

20 calorie row
40 wall ball shots
60 double unders

(Wall Ball: 20lbs-9ft/10lbs-9ft)

TEEN (AGES 14-18),

MASTERS (AGES 45-54)

FOR TIME

60 calorie row
80 wall ball shots
100 double unders*

40 calorie row
60 wall ball shots
80 double unders

20 calorie row
40 wall ball shots
60 double unders

(Wall Ball: 20lbs-10ft/14lbs-9ft)

SCALED TEEN (AGES 14-18),

SCALED MASTERS (AGES 45-54)

FOR TIME

60 calorie row
80 wall ball shots
100 single unders

40 calorie row
60 wall ball shots
80 single unders

20 calorie row
40 wall ball shots
60 single unders

(Wall Ball: 20lbs-9ft/10lbs-9ft)

MASTERS (AGES 55+)

FOR TIME

60 calorie row
80 wall ball shots
100 double unders

40 calorie row
60 wall ball shots
80 double unders

20 calorie row
40 wall ball shots
60 double unders

(Wall Ball: 20lbs-9ft/10lbs-9ft)

SCALED MASTERS (AGES 55+)

FOR TIME

60 calorie row
80 wall ball shots
100 single unders

40 calorie row
60 wall ball shots
80 single unders

20 calorie row
40 wall ball shots
60 single unders

(Wall Ball: 20lbs-9ft/10lbs-9ft)

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EQUIPMENT

To complete this workout you will need:

- Rower
- Medicine ball
- 10ft/9ft target
- Jump rope

NOTES

This workout begins seated on the rower with the monitor set to zero calories. At the call of “3-2-1 ... go,” the athlete will grab the handle and begin pulling, once they they have reached 60 calories, they will move to the wall to perform 80 wall ball shots, once completed they will then move to their rope and perform 100 double unders. This workout will decrease by 20 repetitions per movement as they move into round two and again in round three. Every second counts in this workout. Your score will be the time it takes to complete all 540 repetitions.

If the ball hits the bottom edge of the target or does not hit the target at all, it is a **NO REP**. If the athlete’s hip crease does not break parallel, that is a **NO REP**. The rep is counted when the ball makes contact with the wall or target. If the ball is dropped, it must come to a full stop on the ground before the athlete may pick it up for the next rep. **FOR SCALED**, this is a single pass for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts. Time will be recorded in full seconds. Do not round up. If an athlete finishes in 16:45.8, their score is 16:45.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from a side angle so squat depth, overhead lockout, and burpee contact is clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) in order to allow a longer video.

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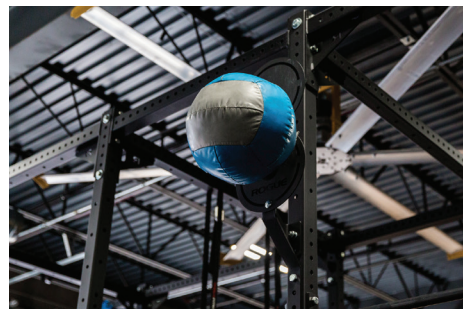
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– MOVEMENT STANDARDS –



ROW

Hands must be off the rower until the call of GO. You must remain on the rower until the display reads 60 calories. You may coast over the required work, but cannot make an attempt to get off the rower such as unstrapping your feet or standing up until the display reaches 60 calories. When returning to the rower on a second round, the display must be reset to 0 calories.



WALL BALL SHOTS

The movement begins with the medicine ball on the ground. The ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit a specified target (10 feet for men, 9 feet for women). The center of the ball must make contact with the target and clear the required height line.



DOUBLE UNDERS/SINGLE UNDERS

This is a standard double-under in which the rope passes under the feet twice for each jump. Or for the single under, the rope passes under the feet once per jump.

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