



# WEEK 1 – QUALIFIER WORKOUT 1A + 1B

6.13.18 7PM CDT – 6.18.18 7PM CDT

– RX –

ATHLETE NAME

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## MEN

### 14-MINUTE CAP

*Workout 1A*

15 Burpees Over Concept 2 Erg

40 Calorie Row

15 Burpees Over Concept 2 Erg

40 Calorie Row

15 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

## WOMEN

### 14-MINUTE CAP

*Workout 1A*

15 Burpees Over Concept 2 Erg

30 Calorie Row

15 Burpees Over Concept 2 Erg

30 Calorie Row

15 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

WORKOUT 1A

15 BURPEES OVER THE ROWER	
40/30 CAL ROW	
15 BURPEES OVER THE ROWER	
40/30 CAL ROW	
15 BURPEES OVER THE ROWER	FINAL TIME

– IN THE REMAINING TIME –

<p>WORKOUT 1B 1-REP MAX SNATCH</p> <p>TOTAL</p>
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# WEEK 1 – QUALIFIER WORKOUT 1A + 1B

6.13.18 7PM CDT – 6.18.18 7PM CDT

## – INTERMEDIATE –

ATHLETE NAME

### MEN

#### 14-MINUTE CAP

*Workout 1A*

15 Burpees Over Concept 2 Erg (CAN step over)

35 Calorie Row

15 Burpees Over Concept 2 Erg

35 Calorie Row

15 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

### WOMEN

#### 14-MINUTE CAP

*Workout 1A*

15 Burpees Over Concept 2 Erg (CAN step over)

25 Calorie Row

15 Burpees Over Concept 2 Erg

25 Calorie Row

15 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

WORKOUT 1A

15 BURPEES OVER THE ROWER	
35/25 CAL ROW	
15 BURPEES OVER THE ROWER	
35/25 CAL ROW	
15 BURPEES OVER THE ROWER	FINAL TIME

– IN THE REMAINING TIME –

<p>WORKOUT 1B</p> <p><b>1-REP MAX SNATCH</b></p> <p>TOTAL</p>
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# WEEK 1 – QUALIFIER WORKOUT 1A + 1B

6.13.18 7PM CDT – 6.18.18 7PM CDT

– SCALED –

ATHLETE NAME

## MEN

### 14-MINUTE CAP

*Workout 1A*

10 Burpees Over Concept 2 Erg (CAN step over)

30 Calorie Row

10 Burpees Over Concept 2 Erg

30 Calorie Row

10 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

## WOMEN

### 14-MINUTE CAP

*Workout 1A*

10 Burpees Over Concept 2 Erg (CAN step over)

20 Calorie Row

10 Burpees Over Concept 2 Erg

20 Calorie Row

10 Burpees Over Concept 2 Erg

In the remaining time...

*Workout 1B*

Establish a 1-RM Snatch

WORKOUT 1A

10 BURPEES OVER THE ROWER	
30/20 CAL ROW	
10 BURPEES OVER THE ROWER	
30/20 CAL ROW	
10 BURPEES OVER THE ROWER	FINAL TIME

– IN THE REMAINING TIME –

<p>WORKOUT 1B</p> <p>1-REP MAX SNATCH</p> <p>TOTAL</p>
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## WEEK 1 – QUALIFIER WORKOUT 1A + 1B

6.13.18 7PM CDT – 6.18.18 7PM CDT

### EQUIPMENT

To complete this workout you will need:

- Concept 2 Rower
- One barbell
- Collars
- Standard Bumper Plates
  - Change plates no smaller than 1/2lb.

### NOTES

Workout 1 is a 14 minute workout starting with the athlete standing upright beside the Concept 2 rower. At the start of the timer, the athlete will complete their assigned number of burpees over the rower - see division standards for reps. Upon completing the final burpee, the athlete will move to the rower and complete their assigned calories - see division standards for required calories. The athlete must remain on the rower with the handle in hand until the monitor registers their final calorie. Upon completing the row, the athlete will complete an additional set of burpees over the rower, row their assigned calories and finish with a final set of burpees over the rower.

When the athlete has completed the assigned burpees and calories they will use the remaining time on the clock to establish their 1-rep max snatch. Each recorded snatch must use collars.

Please use an **ascending clock** starting at 0:00 and finishing at 14:00.

This workout will have 2 scores. The first score will be the time within which the athlete completes their burpees and rowing (if the athlete does not complete the couplet in the 14 minutes, their score is the number of reps completed). Athletes should not round up partial seconds. The athlete's second score is their max snatch recorded before the expiration of the 14-minute time cap. Athletes may have assistance changing their weights if desired.

### VIDEOS SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stop watch, or a WOD clock will need to be visible through the entire workout. Video should be shot so burpee over rower, row calorie requirement, and snatch movement standards are clear for 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.

### TIEBREAK

There is no tiebreak for the Part A of the workout. For Part B, in the event that two people snatch the same amount of weight, their times for part A will be used; the person with the faster time on Part A will rank higher.

Presented by:

**KILL CLIFF**



## WEEK 1 – QUALIFIER WORKOUT 1A + 1B

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### – MOVEMENT STANDARDS –



#### BURPEES OVER ROWER

In the bottom position, the athlete's chest and thighs must be simultaneously touching the ground. The athlete must jump over the railing of the erg from both feet - one-footed jumping or stepping over is not permitted in the Rx division, but is permitted in intermediate and scaled divisions. Both of the athlete's feet must pass over the top of the erg railing. Burpees may be performed lateral to the erg so long as the above standards are met. A repetition is complete every time the athlete lands on the opposite side of the erg from where the burpee was performed.



#### ROW FOR CALORIES

The athlete must remain on the rower until the display reads the required amount of calories. Coasting over the required work is allowed, however the athlete cannot make an attempt to get off the rower such as un-strapping the feet or standing up until the display reaches the required amount. The monitor must be set to zero at the beginning of each round. Either the athlete or the judge may reset the monitor.

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### SNATCH

For the snatch, the barbell must begin on the ground and lifted overhead in one motion. A full snatch or a power snatch is accepted. The athlete must show full lockout overhead, with the hips, knees, and arms fully extended and the bar directly over the middle of the body, at the top of the lift before dropping the barbell. This is NOT a ground to overhead in any way. The athlete can have help to load their barbell.

Presented by:

**KILL CLIFF**