



WEEK 3 – QUALIFIER WORKOUT 6

6.27.18 7PM CDT – 7.2.18 7PM CDT

– RX –

ATHLETE NAME

MEN 20 MINUTE CAP

- 150 Double Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (50lb)
- 50 Dumbbell Thrusters (50lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (50lb)
- 150 Double Unders

WOMEN 20 MINUTE CAP

- 150 Double Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 50 Dumbbell Thrusters (35lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 150 Double Unders

20 MINUTE CAP - FOR TIME

Double Unders (150 reps)	150
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	165
Dumbbell Thrusters (50 reps)	215
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	230
Double Unders (150 reps)	380

TOTAL TIME

(IF COMPLETED)

MIN	SEC

OR

TOTAL REPS

(IF NOT COMPLETED)

REPS

Presented by:





WEEK 3 – QUALIFIER WORKOUT 6

6.27.18 7PM CDT – 7.2.18 7PM CDT

– INTERMEDIATE –

ATHLETE NAME

MEN 20 MINUTE CAP

- 150 Double Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 50 Dumbbell Thrusters (35lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 150 Double Unders

WOMEN 20 MINUTE CAP

- 150 Double Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (20lb)
- 50 Dumbbell Thrusters (20lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (20lb)
- 150 Double Unders

20 MINUTE CAP - FOR TIME

Double Unders (150 reps)	150
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	165
Dumbbell Thrusters (50 reps)	215
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	230
Double Unders (150 reps)	380

TOTAL TIME

(IF COMPLETED)

	MIN	SEC
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OR

TOTAL REPS

(IF NOT COMPLETED)

	REPS
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Presented by:





WEEK 3 – QUALIFIER WORKOUT 6

6.27.18 7PM CDT – 7.2.18 7PM CDT

– SCALED –

ATHLETE NAME

MEN 20 MINUTE CAP

- 150 Single Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 50 Dumbbell Thrusters (35lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (35lb)
- 150 Single Unders

WOMEN 20 MINUTE CAP

- 150 Single Unders
- 75 ft. Front Rack Dumbbell Walking Lunge (20lb)
- 50 Dumbbell Thrusters (20lb)
- 75 ft. Front Rack Dumbbell Walking Lunge (20lb)
- 150 Single Unders

20 MINUTE CAP - FOR TIME

Single Unders (150 reps)	150
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	165
Dumbbell Thrusters (50 reps)	215
75 ft. Walking Lunge (5ft=1 rep for 15 total reps)	230
Single Unders (150 reps)	380

TOTAL TIME

(IF COMPLETED)

MIN	SEC

OR

TOTAL REPS

(IF NOT COMPLETED)

REPS

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WEEK 3 – QUALIFIER WORKOUT 6

6.27.18 7PM CDT – 7.2.18 7PM CDT

EQUIPMENT

To complete this workout you will need:

- Dumbbells
- Tape (to mark lanes and feet)
- Jump Rope

NOTES

Athletes begin standing without their jump rope in hand. At the start of the timer, the athlete will grab their jump rope and complete either 150 single or double unders (*see division standards for specific movement requirement across divisions*). After their jump ropes, the athlete will move onto the 75 foot front rack walking lunges (*see division standards for specific movement requirement across divisions*). **The lane should be 25 feet long, in 5 foot increments.** The athlete will move down, back, and down to complete the 75 feet of walking lunge. After the athlete has crossed the final line they will move onto 50 dumbbell thrusters. Once completed, the athlete will then return to the front rack walking lunge for 75 feet - again, down, back and down. Once the athlete has crossed the line, they will finish the workout with 150 single or double unders (*see division standards for specific movement requirement across divisions*).

The score for this workout is for time. Please use an **ascending clock** starting at 0:00 and finishing at 20:00. Do not round up partial seconds. If you do not complete the workout under the 20 minute cap, your score will be your completed reps.

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 jump rope, thruster, walking lunge 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.

Presented by:

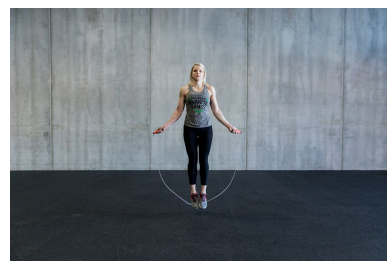
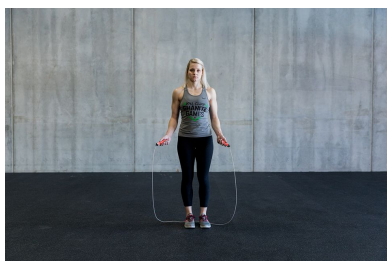
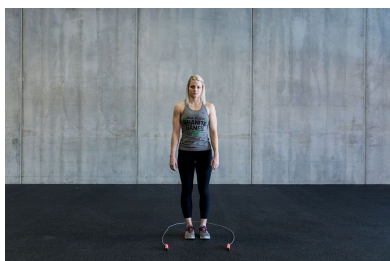




WEEK 3 – QUALIFIER WORKOUT 6

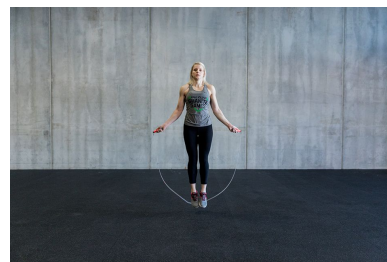
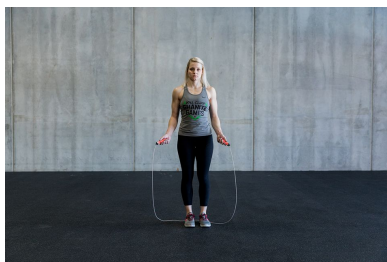
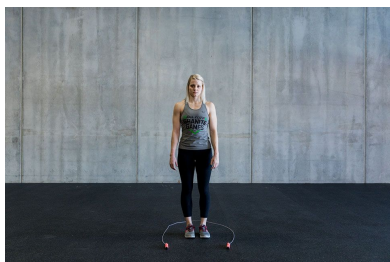
6.27.18 7PM CDT – 7.2.18 7PM CDT

– MOVEMENT STANDARDS –



Single Unders

This is a standard single under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count.



Double Unders

This is a standard double under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count.

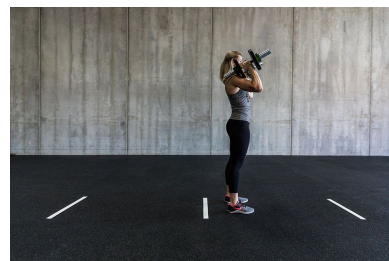
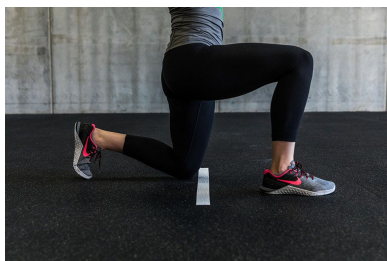
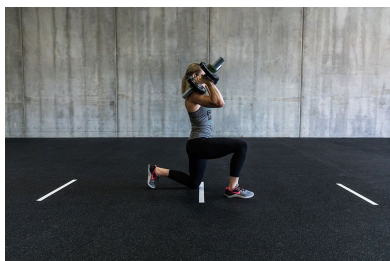
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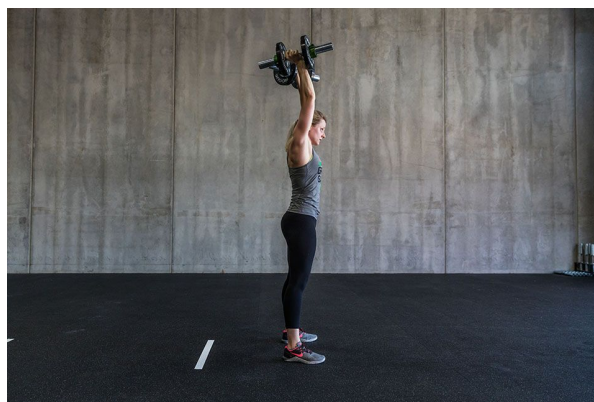
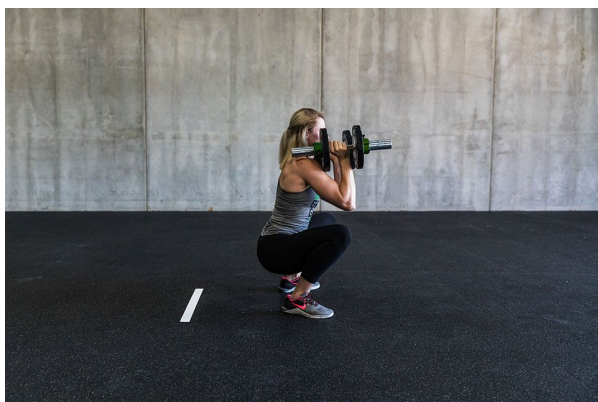
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Weighted Front Rack Lunge

Athletes must start behind the first line of the 25 foot lane, marked every 5 feet. The dumbbells must be in the front rack position. The athlete must step over each 5 foot increment for the rep to count. If the athlete puts the dumbbells down before reaching a 5 foot increment it is a NO rep and must start at the previous increment. The athlete will complete 25 feet one way, turn around, 25 feet back to the starting line, and then 25 feet to the final line. **Each 5 foot increment is ONE REP.**



Dumbbell Thrusters

This is a standard thruster with dumbbells. The athlete must reach below parallel in a front squat and go directly over head to full lock out. Each arm must be clearly locked out over head, in line with the hips and knees. A squat clean thruster may be allowed on the first rep.

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