



## Workout #1 - 14 min AMRAP

### RX

- 8 DB Overhead Walking Lunges
- 8 Toes to Bar
- 8 DB Snatches
- 8 DB Overhead Walking Lunges
- 25 Double Unders

**50/35# DB**

### Scaled

- 8 DB Front Rack Walking Lunges
- 8 Toes to Bar or Hanging Knee Raises
- 8 DB Snatches
- 8 DB Front Rack Walking Lunges
- 25 Double Unders or 50 Single Unders

**35/20# DB**

### Beginner

- 8 Walking Lunges (unweighted)
- 8 Hanging Knee Raises
- 8 DB Snatches
- 8 Walking Lunges (unweighted)
- 50 Single Unders

**25/15# DB**

At 3,2,1,go... Partner 1 will begin doing 8 walking lunges down the lane, then 8 toes to bar/hanging knee raises, 8 dumbbell snatches, and then 8 walking lunges back down the lane. Following the round, 25 double unders/50 single unders must be completed by one of the partners. It doesn't matter which partner it is; however, whomever starts the jump rope set, must complete it.

Once completed, Partner 2 will begin doing 8 walking lunges down the lane, then 8 toes to bar/hanging knee raises, 8 dumbbell snatches, and then 8 walking lunges back down the lane. Another set of 25 double unders/50 single unders must then be completed by either partner. Once done, Partner 1 will start another round. Partners will continue alternating rounds (with the sets of jump rope in between) for the entire 14 minutes.

To further clarify, it does not matter who completes the jump rope sets between rounds. This means that, if you would like, you can choose to have one partner do all of the jump rope work. Just remember that once a partner begins a set, they must finish that particular set. For scaled teams, it's OK if your partner does DUs and you do SUs.

## Movement Standards

**Dumbbell Overhead Walking Lunges** - This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the rep will not count and must be restarted. If the athlete's knee does not touch the floor, the rep will not count and must be restarted. There is no requirement to switch arms; athletes may choose to do so if they wish. The rep is credited when the athlete has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. The athlete does not need to stop with both feet together between reps, however the athlete must tap a toe at the top as they are stepping through. The athlete must alternate which foot leads for each step.

**Dumbbell Front Rack Walking Lunges** - Each lunge begins with a dumbbell held at chest level or above, the feet together and the athlete standing tall with hips and knees extended. At the bottom of the lunge, the trailing knee must make contact with the ground and the dumbbell must be at or above the height of the athlete's chest. If, during the lunge, either head of the dumbbell falls below the level of the athlete's chest, the rep will not count and must be restarted. If the athlete's knee does not touch the floor, the rep will not count and must be restarted. There is no requirement on the method to hold the dumbbell, only that it must be at chest level or higher. The rep is credited when the athlete has the dumbbell in the front rack position and is standing tall with hips and knees fully extended. The athlete does not need to stop with both feet together between reps, however the athlete must tap a toe at the top as they are stepping through. The athlete must alternate which foot leads for each step.

**Walking Lunges** - Each lunge begins with the feet together and the athlete standing tall with hips and knees extended. At the bottom of the lunge, the trailing knee must make contact with the ground. The rep is credited when the athlete is standing tall with hips and knees fully extended. If the athlete's knee does not touch the floor, the rep will not count and must be restarted. The athlete does not need to stop with both feet together between reps, however the athlete must tap a toe at the top as they are stepping through. The athlete must alternate which foot leads for each step.

**Toes-2-Bar** - This movement begins with the athlete hanging on the bar. Hips and arms must be fully extended (no bend) and the athlete's feet/toes cannot be touching the floor. The athlete must then pull their legs up and touch both feet (toes) to the bar at the same time. Feet cannot go over or under the bar - these are no-reps. We are looking for the "bang" of the toe box of your shoe hitting the bar. Athletes can string/kip T2B together or drop down and single them. If the athlete's feet drop to the floor, they will need to resume the hanging position in order to start the next rep.

**Hanging Knee Raises** - This movement begins with the arms and hips fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split grip are all permitted. At the top of the repetition, the athlete must raise the knees above the height of the hips. The legs are then lowered back to the starting position to begin the next rep.

**Dumbbell Snatch** - The movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

**Double-Unders** - This movement begins with the athlete standing with the rope in their hands waiting for the judges signal. Once the judge signals they are ready, the athlete may begin swinging the rope. The rope must pass completely under the athlete's feet twice in order for the rep to count. If the rope stops before passing under the feet twice, it is a no-rep. The rope must spin in a forward direction - spinning the rope backward is not allowed.

**Single-Unders** - This movement begins with the athlete standing with the rope in their hands waiting for the judges signal. Once the judge signals they are ready, the athlete may begin swinging the rope. The rope must pass completely under the athlete's feet in order for the rep to count. If the rope stops before passing under the feet, it is a no-rep. The rope must spin in a forward direction - spinning the rope backward is not allowed.

### **Workout #1 Scoring**

Total number of reps completed by the team.