

**QUALI RULEBOOK**

# DUTCH THROWDOWN



**CrossFit®**

**LICENSED EVENT | 2024**



THE PROGRAMMER

**ZACHARY  
VAN DORP**

DEAR **ATHLETES**

## SUBMISSION CHECKLIST

- ☐ Have you correctly entered your score in **Competition Corner** and submitted it before the deadline on Wednesday, July 10 at 22:00?
- ☐ Is your video playable, publicly viewable and free of copyright issues?
- ☐ Did you show or state your name, division, and the workout being performed for this session?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in video?
- ☐ Are your movements **CLEARLY & VISIBLY** performed to standards as stated by **TDTD**?
- ☐ Are you sure you're submitting the correct video for this specific workout?

RX

INDIVIDUAL

24.1 For Time

Rounds	1	2	3	4
10 Burpee box jumps over	10	105	200	295
15 Toes to bar	25	120	215	310
20 Single arm DB push presses	45	140	235	330
50 Double unders	95	190	285	380
Time (Time Cap: 16 minutes)				

TEAMS

24.1 For Time

Rounds	1	2	3	4
8 Sync burpee box jumps over	8	102	196	290
16 Toes to bar	24	118	212	306
20 Sync SA DB push presses	44	138	232	326
50 Double unders	94	188	282	376
Time (Time Cap: 16 minutes)				

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME

SCORECARD 24.1

SUBMIT



# ADVANCED

## INDIVIDUAL

### 24.1 For Time

Rounds	1	2	3	4
10 Burpee box jumps over	10	105	200	295
15 Toes to bar	25	120	215	310
20 Single arm DB push presses	45	140	235	330
50 Double unders	95	190	285	380
Time (Time Cap: 16 minutes)				

## TEAMS

### 24.1 For Time

Rounds	1	2	3	4
8 Sync burpee box jumps over	8	102	196	290
16 Toes to bar	24	118	212	306
20 Sync SA DB push presses	44	138	232	326
50 Double unders	94	188	282	376
Time (Time Cap: 16 minutes)				

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME

SCORECARD 24.1

SUBMIT



# REGULAR

## INDIVIDUAL

### 24.1 For Time

Rounds	1	2	3	4
8 Burpee box step over	8	100	192	284
14 Alt single leg toes to bar	22	114	206	298
20 Single arm DB push presses	42	134	226	318
50 Single unders	92	184	276	368
Time (Time Cap: 16 minutes)				

## TEAMS

### 24.1 For Time

Rounds	1	2	3	4
8 Sync burpee box step over	8	102	196	290
16 Alt single leg toes to bar	24	118	212	306
20 Sync SA DB push presses	44	138	232	326
50 Single unders	94	188	282	376
Time (Time Cap: 16 minutes)				

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME

SCORECARD 24.1

SUBMIT



# SCALED

## INDIVIDUAL

### 24.1 For Time

Rounds	1	2	3	4
8 Burpee box step over	8	100	192	284
14 knee raises	22	114	206	298
20 Single arm DB push presses	42	134	226	318
50 Single unders	92	184	276	368
Time (Time Cap: 16 minutes)				

## TEAMS

### 24.1 For Time

Rounds	1	2	3	4
8 Sync burpee box step over	8	102	196	290
16 Knee raises	24	118	212	306
20 Sync SA DB push presses	44	138	232	326
50 Single unders	94	188	282	376
Time (Time Cap: 16 minutes)				

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME

SCORECARD 24.1

SUBMIT



# PARENT & KID

24.1 For Time			
Rounds	1	2	3
10 Syn burpee box step over @20"	10	106	202
16 Knee raises	26	121	218
20 Single arm DB push presses	46	142	238
50 Single unders	96	192	288
Time (Time Cap: 16 minutes)			

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME

SCORECARD

24.1

SUBMIT



RX

INDIVIDUAL

24.2A AMRAP 7 Minutes	0:00 – 7:00							
Reps	3	6	9	12	15	18	21	24
Deadlifts	3	12	27	48	75	108	147	192
Handstand push ups	6	18	36	60	90	126	168	216
Rest	7:00 – 9:00							
24.2B 4 Minutes	9:00 – 13:00							
2 Rep Max Thruster								
Scores	24.2 A		24.2 B					

TEAMS

24.2A AMRAP 8 Minutes	0:00 – 8:00							
Reps	3	6	9	12	15	18	21	24
Deadlifts Athlete A	3	24	51	84	123	168	219	276
Deadlifts Athlete B	6	30	60	96	138	186	240	300
12 Handstand push ups	18	42	72	108	150	198	252	312
Rest	8:00 – 10:00							
24.2B 6 Minutes	10:00 – 16:00							
2 Rep Max Thruster								
Scores	24.2 A		24.2 B					

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME





# ADVANCED

## INDIVIDUAL

24.2A AMRAP 7 Minutes	0:00 – 7:00							
Deadlifts	3	6	9	12	15	18	21	24
Reps	3	11	24	42	65	93	126	164
Handstand push ups	2	4	6	8	10	12	14	16
Reps	5	14	30	50	75	105	140	180
Rest	7:00 – 9:00							
24.2B 4 Minutes	9:00 – 13:00							
2 Rep Max Thruster								
Scores	24.2 A				24.2 B			

## TEAMS

24.2A AMRAP 8 Minutes	0:00 – 8:00							
Reps	3	6	9	12	15	18	21	24
Deadlifts Athlete A	3	24	51	84	123	168	219	276
Deadlifts Athlete B	6	30	60	96	138	186	240	300
12 Handstand push ups	18	42	72	108	150	198	252	312
Rest	8:00 – 10:00							
24.2B 6 Minutes	10:00 – 16:00							
2 Rep Max Thruster								
Scores	24.2 A				24.2 B			

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



# REGULAR

## INDIVIDUAL

24.2A AMRAP 7 Minutes	0:00 – 7:00							
Deadlifts	3	6	9	12	15	18	21	24
Reps	3	10	21	36	55	78	105	136
Wall walks		2	3	4	5	6	7	8
Reps	4	12	24	40	60	84	112	144
Rest	7:00 – 9:00							
24.2B 4 Minutes	9:00 – 13:00							
2 Rep Max Thruster								
Scores	24.2 A					24.2 B		

## TEAMS

24.2A AMRAP 8 Minutes	0:00 – 8:00							
Reps	3	6	9	12	15	18	21	24
Deadlifts Athlete A	3	16	35	60	91	128	171	220
Deadlifts Athlete B	6	22	44	72	106	146	192	244
4 Wall walks	10	24	48	76	110	150	196	248
Rest	8:00 – 10:00							
24.2B 6 Minutes	10:00 – 16:00							
2 Rep Max Thruster								
Scores	24.2 A					24.2 B		

NAME TEAM/ATHLETES \_\_\_\_\_

SIGNATURES \_\_\_\_\_

JUDGE NAME \_\_\_\_\_



# SCALED

## INDIVIDUAL

24.2A AMRAP 7 Minutes	0:00 – 7:00							
Deadlifts	3	6	9	12	15	18	21	24
Reps	3	10	21	36	55	78	105	136
Scaled wall walks	1	2	3	4	5	6	7	8
Reps	4	12	24	40	60	84	112	144
Rest	7:00 – 9:00							
24.2B 4 Minutes	9:00 – 13:00							
2 Rep Max Thruster								
Scores	24.2 A				24.2 B			

## TEAMS

24.2A AMRAP 8 Minutes	0:00 – 8:00							
Reps	3	6	9	12	15	18	21	24
Deadlifts Athlete A	3	16	35	60	91	128	171	220
Deadlifts Athlete B	6	22	44	72	106	146	192	244
4 Scaled wall walks	10	24	48	76	110	150	196	248
Rest								
24.2B 6 Minutes	10:00 – 16:00							
2 Rep Max Thruster								
Scores	24.2 A				24.2 B			

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



# PARENT & KID

24.2A AMRAP 7 Minutes	0:00 - 7:00					
Reps	3	6	9	12	15	18
Deadlifts parent	3	19	44	78	121	173
Deadlifts kid	6	25	53	90	136	191
Synchronized abmat sit ups	9	31	62	102	151	209
4 scaled wall climbs	13	35	66	106	155	213
Score						

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



# ALL INDIVIDUAL DIVISIONS:

24.3 FOR TIME	REPS
15 Shuttle runs	15
60 Air squats	75
900/750m. Row	975/825
60 Air squats	1035/885
15 Shuttle runs	1050/900
Time (Time Cap: 16 minutes)	

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



# TEAMS ALL DIVISIONS:

24.3 FOR TIME	REPS
Buddy A	
15 Shuttle runs	
60 Air squats	
500/400m. Row	
Buddy B	
500/400m. Row	
60 Air squats	
15 Shuttle runs	
Time (Time Cap: 16 minutes)	

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



# PARENT & KID

24.3 FOR TIME	REPS
10 Shuttle runs	10
40 Air squats	50
60 Russian KB swings	110
40 Air squats	150
10 Shuttle runs	160
Time (Time Cap: 16 minutes)	

NAME TEAM/ATHLETES

SIGNATURES

JUDGE NAME



## WORKOUT 1

Time (Time Cap: 16 minutes)

### 4 rounds for time

Burpee box jumps over	10 reps
Toes to bar	15 reps
Single arm dumbbell push presses	20 reps @22,5/15 kg
Double unders	50 reps

### Divisions

Scaled	4 rounds for time 8 Burpee box step over 14 Knee raises 20 Single arm dumbbell push presses @10/7,5 kg 50 Single unders
Regular	4 rounds for time 8 Burpee box step over 14 Alternating single leg toes to bar 20 Single arm dumbbell push presses @15/10 kg 50 Single unders
Advanced	4 rounds for time 10 Burpee box jumps over 15 Toes to bar 20 Single arm dumbbell push presses @20/12,5 kg 50 Double unders
RX	4 rounds for time 10 Burpee box jumps over 15 Toes to bar 20 Single arm dumbbell push presses @22,5/15 kg 50 Double unders
Team	4 rounds for time 8 Syn burpee box jumps over 16 Toes to bar/Alt single leg TTB/Knee raises 20 Sync single arm dumbbell push presses 50 Single unders (scaled single unders)



**WORKOUT 1**

Time (Time Cap: 16 minutes)

**Workout Flow**

After '3.....2.....1.....GO!' The athlete may start their burpee box jump overs/ step overs. After completing their designated amount of reps they will move on to their toes to bar variation where they will perform their designated amount of reps to move on to the next movement. Which will be 20 single arm dumbbell push presses. After completing their dumbbell push presses the athlete may move on to their double/ single unders after completing this movement the athlete may move on to round number 2 and will complete this sequence until they have completed 4 rounds which will mark the end of their workout.

**Workout Flow (Teams)**

After '3.....2.....1.....GO!' The Athletes may start the synchro burpee box jumps over and wait for each other before starting the next rep. If they have completed the burpee box jump over they will move on to the toes to bar/alternating single leg toes to bar/knee raises these reps can be divided however they would like. From there both athletes will move on to their synchro single arm dumbbell push presses these reps will have a synchro point at the top and the shoulder of each rep. After completing all the reps for the dumbbell push presses they will move on to 50 double unders which can also be divided however they would like. This is the end of the first round and both athletes will complete this until they have completed 4 rounds in total which will close off this workout.

**WORKOUT 1**

Time (Time Cap: 16 minutes)

**BURPEE BOX JUMP OVER**

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- ▶ Prone position

REP END

- ▶ Standing free on the other side of the object

REP REQUIREMENTS

- ▶ Athlete jumps on the box with a two foot take off
- ▶ Athlete steps or jumps off the box on the other side

CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

TEAM SYNCHRO

- ▶ Rep start

**BURPEE BOX STEP OVER**

Athlete from lying on the ground, gets up and jumps over an object.

REP START

- ▶ Prone position.

REP END

- ▶ Standing free on the other side of the object.

REP REQUIREMENTS

- ▶ Athlete steps on the box with a two foot take off
- ▶ Athlete steps or jumps off the box on the other side

CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

TEAM SYNCHRO

- ▶ Rep start

**TOES-TO-BAR**

Athlete hanging from a horizontal bar moves toes to contact bar.

REP START

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

REP END

- ▶ Toes on both feet touch the bar simultaneously.
- ▶ The contact point is within the width of the hands.

REP REQUIREMENTS

- ▶ None.

CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner

**WORKOUT 1**

Time (Time Cap: 16 minutes)

**HANGING KNEE RAISES**

Athlete hanging from a horizontal bar moves toes to contact bar.

## REP START

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

## REP END

- ▶ Knees break the horizontal plane at hip height

## REP REQUIREMENTS

- ▶ None.

## CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

**Alternating single leg TOES-TO-BAR**

Athlete hanging from a horizontal bar moves toes to contact bar.

## REP START

- ▶ Vertical hang from horizontal bar.
- ▶ Hips fully extended.
- ▶ Heels break the vertical plane directly under the bar.

## REP END

- ▶ One toe touches the bar

- ▶ The contact point is within the width of the hands.

## REP REQUIREMENTS

- ▶ Reps need to be alternated between legs

## CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

**Single arm dumbbell PUSH PRESS**

Athlete moves object from shoulders to overhead – dip and driving the object with legs is allowed.

## REP START

- ▶ Standing tall
- ▶ Dumbbell supported in the front-rack

## REP END

- ▶ Overhead lock-out

## REP REQUIREMENTS

- ▶ Knees and hips must be extended after the dumbbell has left the front-rack and until overhead lock-out is achieved.

## CYCLE &amp; POST REP

- ▶ The dumbbell can be returned to rep start in any controlled manner.

## TEAM SYNCHRO

Rep start

Rep end

**WORKOUT 1**

Time (Time Cap: 16 minutes)

**SINGLE UNDER**

Athlete jumps rope with the rope passing one time under their feet per jump.

## REP START

- ▶ Standing free.
- ▶ Holding both ends of a jump-rope – one in each hand.

## REP END

- ▶ Holding both ends of a jump-rope – one in each hand.

## REP REQUIREMENTS

- ▶ Rope rotates around the sagittal axis of the body.
- ▶ A jump with a two-footed take-off is required from rep start.
- ▶ While in air, the rope must pass underneath both feet the designated number of times.
- ▶ Number of rotations = 1

## CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

**DOUBLE UNDER**

Athlete jumps rope with the rope passing two times under their feet per jump.

## REP START

- ▶ Standing free.
- ▶ Holding both ends of a jump-rope – one in each hand.

## REP END

- ▶ Holding both ends of a jump-rope – one in each hand.

## REP REQUIREMENTS

- ▶ Rope rotates around the sagittal axis of the body.
- ▶ A jump with a two-footed take-off is required from rep start.
- ▶ While in air, the rope must pass underneath both feet the designated number of times.
- ▶ Number of rotations = 2

## CYCLE &amp; POST REP

- ▶ The athlete may return to rep start in any controlled manner.

DEAR **ATHLETES**

WORKOUT 2

INDIVIDUAL	AMRAP 7 min	Rest 2 min	Max thrusters 4 min
TEAMS	AMRAP 8 min	Rest 2 min	Max thrusters 6 min

AMRAP 7 minutes

3-6-9-12-15-etc. Deadlifts 1-2-3-4-5-etc HSPU	0:00-7:00
Deadlifts @102/70 kg	
Handstand push ups(1-2-3-4-5-etc. Wall walks)	
REST	7:00-9:00
2 rep max thruster	9:00-13:00

AMRAP 7 minutes

Scaled	0:00-7:00 AMRAP 7 minutes 3-6-9-12-15-etc. Deadlifts @45/30 kg 1-2-3-4-5-etc. Scaled wall walks  7:00 - 9:00 <b>Rest</b>  9:00 - 13:00 2 rep max thruster
Regular	0:00 - 7:00 AMRAP 7 minutes 3-6-9-12-15-etc. Deadlifts @60/45 kg 1-2-3-4-5-etc. Wall walks  7:00 - 9:00 <b>Rest</b>  9:00 - 13:00 2 rep max thruster

DEAR **ATHLETES**

WORKOUT 2

INDIVIDUAL	AMRAP 7 min	Rest 2 min	Max thrusters 4 min
TEAMS	AMRAP 8 min	Rest 2 min	Max thrusters 6 min

AMRAP 7 minutes

3-6-9-12-15-etc. Deadlifts 1-2-3-4-5-etc HSPU	0:00-7:00
Deadlifts @100/70 kg	
Handstand push ups(1-2-3-4-5-etc. Wall walks)	
REST	7:00-9:00
2 rep max thruster	9:00-13:00

AMRAP 7 minutes

Advanced	<p>0:00 - 7:00 AMRAP 7 minutes 3-6-9-12-15-etc. Deadlifts @85/60 kg 2-4-6-8-10-etc. Handstand push ups</p> <p>7:00 - 9:00 <b>Rest</b></p> <p>9:00 - 13:00 2 rep max thruster</p>
RX	<p>0:00 - 7:00 AMRAP 7 minutes 3-6-9-12-15-etc. Deadlifts @100/70 kg Handstand push ups</p> <p>7:00 - 9:00 <b>Rest</b></p> <p>9:00 - 13:00 2 rep max thruster</p>
Team	<p>0:00-8:00 AMRAP 8 minutes 3-6-9-12-15-etc. Deadlifts athlete 1 Deadlifts athlete 2</p> <p>8:00-10:00 <b>Rest</b></p> <p>10:00 - 16:00 2 rep max thruster</p> <p>*After each athlete performed 1 round of deadlifts perform 12 handstand push ups or 4 wall walk variations depending on division. Reps can be divided however you would like. The reps for the deadlifts will increase every round.</p>

## WORKOUT 2

<b>INDIVIDUAL</b>	AMRAP 7 min	Rest 2 min	Max thrusters 4 min
<b>TEAMS</b>	AMRAP 8 min	Rest 2 min	Max thrusters 6 min

### Workout Flow

After '3.....2.....1.....GO!' The 7 minute amrap will start until the clock reaches 7:00.

You will perform 3 deadlifts into 3 handstand push ups or (scaled) wall walks. Each rounds round the reps will increase until the time has expired. After the 7 minute timeframe has expired the athlete starts there 2 minutes of rest.

From there when the clock shows 9:00 minutes the athlete can start building up their barbell and perform their 2 rep max thruster within their 4 minutes time frame until the clock show 13:00 which will be the end of their workout.

### Workout Flow (teams)

After '3.....2.....1.....GO!' Athlete 1 starts with 3 deadlifts after completion athletes tap hands and athlete 2 may start their 3 deadlifts. After both athletes have performed their designated number of deadlifts they will complete 12 handstand push ups or 4 wall walk variations depending on the division they are competing in. These reps can be divided however they would like as long as the athletes tap hands for every switch. After the clock reaches 8 minutes the time stops and every rep performed within the time will be added up to give the athletes their score. After the 8 minute mark the 2 minutes of rest will start until the 10 minute mark on which the athletes will start the second portion of their workout. Both athletes may start building up their barbell to perform their 2 rep max thruster. Only 1 athlete may work at a time and 1 barbell must be used only if the pair is built up out of a male and a female the athletes may use different barbells while still working 1 at a time.

## WORKOUT 2

<b>INDIVIDUAL</b>	AMRAP 7 min   Rest 2 min   Max thrusters 4 min
<b>TEAMS</b>	AMRAP 8 min   Rest 2 min   Max thrusters 6 min

### Movement standards

#### Thruster

REP START

- ▶ Bottom of squat with object in front of torso, supported by the hands.

REP END

- ▶ Overhead lock-out.

REP REQUIREMENTS

- ▶ Object is moved in one fluid motion from the bottom of the squat to overhead position.
- ▶ Maintaining extended knees and hips after the object has left the front-rack and until the object is supported overhead with locked elbows.

CYCLE & POST REP

- ▶ The object can be returned to rep start in any controlled manner.

#### Deadlift

Athlete moves object from ground to hips.

REP START:

- ▶ Object-on-ground;
- ▶ Hands on object.

REP END:

- ▶ Deadlift lockout.

REP REQUIREMENTS:

- ▶ Hands and arms are kept outside the legs.

CYCLE & POST REP:

- ▶ None at this time.

TEAM SYNCHRO:

= REP END

#### Handstand push up

Athlete in vertical inversion lowers down and touches head before pressing up and locking elbows.

REP START

- ▶ Vertical Inversion.
- ▶ Heels in contact with the wall.
- ▶ Hands and feet within the designated area.

REP END

- ▶ Vertical Inversion.
- ▶ Heels in contact with the wall.
- ▶ Hands and feet within the designated area.

REP REQUIREMENTS

- ▶ Touching head to horizontal surface.
- ▶ Hands must remain within designated area throughout the full rep.
- ▶ Any bodypart may come in contact with the wall during decent, only heels on ascent.

CYCLE & POST REP

- ▶ Rep end is a valid rep start.

MEASUREMENTS

- ▶ The standard designated area is 95 cm wide and 50 cm deep.
- ▶ Mark area both on ground and wall.



## WORKOUT 2

<b>INDIVIDUAL</b>	AMRAP 7 min   Rest 2 min   Max thrusters 4 min
<b>TEAMS</b>	AMRAP 8 min   Rest 2 min   Max thrusters 6 min

### Wall walk

Athletes elevate themselves from a prone position on the ground to a handstand position against the wall by placing their feet on the wall and walking their hands toward the wall before walking on their hands back to start position.

#### REP START:

- ▶ Prone position (generally flat in the the ground, not arching);
- ▶ Any part of both hands in/on designated area.

#### REP END:

- ▶ Prone position;
- ▶ Any part of both hands in/on designated area.

#### REP REQUIREMENTS:

- ▶ Both feet must be on the wall with knees off the ground before either hand can leave the start area;
- ▶ Both hands must be in contact with the wall line at the same time;
- ▶ Feet must be no wider than hand width before the hands leave the wall line;
- ▶ Both hands must return to the start area before the feet can come off the wall.

#### CYCLE & POST REP:

- ▶ REP END is a valid REP START.

#### STANDARD MEASUREMENTS:

- ▶ There will be a tape line to designate the start/finish line;
- ▶ For females, the distance from the wall to the tape is 139 cm. For males, the distance is 152 cm;
- ▶ This first line will be the start and finish line for each repetition;
- ▶ The second line leaves 25 cm of space between the tape's far edge and the wall.

#### SCALED VERSION STANDARD:

- ▶ All basics standards above also apply to the scaled version;
- ▶ There will be a tape line to designate the start/finish line;
- ▶ For ALL genders, the distance from the wall to the tape is 139 cm;
- ▶ This line will be 5 cm wide and will be the start and finish line for each repetition;
- ▶ Both hands must be in FRONT of the line;
- ▶ NO part of the hands may be touching this line;
- ▶ Both hands must remain in front of the tape until both feet are ON the wall;
- ▶ The athlete will walk up the wall until both hands are on the other side of the line;
- ▶ The athlete will walk down the wall until both hands are back in front of the line;
- ▶ NO part of the hand may touch the line.

**WORKOUT 3**

Time (Time Cap: 16 minutes)

**For time (all divisions the same standard)**

Shuttle runs	15 times up & down (7,5 meter lanes)
Air squats	60 reps
Row	900/750 meter
Air squats	60 reps
Shuttle runs	15 times up & down (7,5 meter lanes)

For time	
Scaled	For time 15 Shuttle runs 60 Air squats 900/750 meter Row 60 Air squats 15 Shuttle runs
Regular	For time 15 Shuttle runs 60 Air squats 900/750 meter Row 60 Air squats 15 Shuttle runs
Advanced	For time 15 Shuttle runs 60 Air squats 900/750 meter Row 60 Air squats 15 Shuttle runs
RX	For time 15 Shuttle runs 60 Air squats 900/750 meter Row 60 Air squats 15 Shuttle runs
Team	For time Athlete 1: 15 Shuttle runs 60 Air squats 500/400 meter Row  -Into- Athlete 2: 500/400 meter Row 60 Air squats 15 Shuttle runs

## WORKOUT 3

Time (Time Cap: 16 minutes)

**Workout Flow**

After '3.....2.....1.....GO!' The athlete may start running and perform his 15 shuttle runs ( 1 lane up and down = 1 rep). After completing his/her 15 shuttle runs the athlete may move on to 60 air squats. From there when the 60 air squats are complete the athlete moves on to 900/750 meter row after which the athlete returns to 60 air squats into 15 shuttle runs to complete their workout.

**Workout Flow (Teams)**

After '3.....2.....1.....GO!' athlete 1 may start running and perform 15 shuttle runs ( 1 land up and down = 1 rep). After completing his/her 15 shuttle runs athlete 1 may move on to 60 air squats. From there when the 60 air squats are complete athlete 1 moves on to the rower for their designated distance. After athlete 1 completes their row the athletes switch and athlete 2 performs the same workout in a backwards motion moving from the row to their 60 air squats and finally into 15 shuttle runs to complete the workout.

**Shuttle run**

## REP START:

- ▶ Standing free behind the start line.
- ▶ One hand in contact with the ground behind the start line.

## REP END:

- ▶ Standing free behind the end line.
- ▶ One hand in contact with the ground behind the end line.

## REP REQUIREMENTS:

- ▶ None.

## CYCLE &amp; POST REP

- ▶ Continuous segments: rep end is a valid new rep start.
- ▶ Otherwise: the athlete may return to rep start in any controlled manner.

## MEASUREMENTS

- ▶ Start and end line for each segment (rep).

**Air squat**

## REP START:

- ▶ Standing tall

## REP END:

- ▶ Standing tall

## REP REQUIREMENTS:

- ▶ Standing free
- ▶ Achieving a full squat, with the crease of the hip below the plane of the top of the knee for each active leg.

## CYCLE &amp; POST REP:

- ▶ Rep end is a valid rep start.

**Row**

Athlete rows on a rowing machine.

## REP START

- ▶ Seated on rower.
- ▶ At least one hand on the handle.

## REP END

- ▶ Seated on rower.
- ▶ Both feet on foot plates.
- ▶ At least one hand on the handle.

## REP REQUIREMENTS

- ▶ Row until the designated goal is met (time, distance or calories).

## CYCLE &amp; POST REP

- ▶ Cycle: The machine must be reset before a new rep is started (rep = new goal).
- ▶ Post rep: In fixed time test (max meters/cals) or timecap in a rep the athlete will have to stop applying force to the machine at the timecap, the score will be what is shown when the machine stops moving.

## VALID OBJECT/EQUIPMENT

- ▶ Rowing machine.

**PARENT & KID**

**WORKOUT 1**

3 ROUNDS FOR TIME

10 SYN BURPEE BOX STEP OVER

16 KNEE RAISES

20 SINGLE ARM DUMBBELL PUSH PRESSES

50 SINGLE UNDERS

Time (Time Cap: 16 minutes)

\*WORKOUT CAN BE SPLIT HOWEVER YOU LIKE ONLY THE BURPEES NEED TO BE SYNCHRONIZED

DUMBBELL WEIGHTS:

-PARENTS: 10/15 KG

-KIDS: 2/ 5 KG

**WORKOUT 2**

AMRAP 10 MINUTES

3-6-9-12-15-ETC.

DEADLIFTS PARENT @ 45/60 KG BARBELL

DEADLIFTS KID @ 6/9 KG MEDBALLS

SYNCHRONIZED ABMAT SIT UPS

AMRAP 7 Minutes

AFTER EACH ROUND 4 SCALED WALL CLIMBS CAN BE DIVIDED HOWEVER YOU WOULD LIKE.

**WORKOUT 3**

FOR TIME

10 SHUTTLE RUNS

40 AIR SQUATS

60 RUSSIAN KETTLEBELL SWINGS

40 AIR SQUATS

10 SHUTTLE RUNS

Time (Time Cap: 16 minutes)

WEIGHTS:

PARENTS: 16/20 KETTLEBELL

KIDS: 4/8 KG KETTLEBELL

WORKOUT CAN BE SPLIT HOWEVER YOU WOULD LIKE