



WORKOUT 1

PAIRS (SCALED & RX SCORECARD)



WORKOUT 1

For time:

- 30 Calorie Ski Erg
- 30 Synchro DB Box Carry Over
- Box Flip -
- 20 Calorie Ski Erg
- 20 Synchro Alt. Devil Press
- Box Flip -
- 10 Calorie Ski Erg
- 10 Synchro Box Facing Burpees
- SA DB OH Lunge to Finish Line

Time cap: 12 min.

30 CALORIE SKI ERG 17/13	30
30 SYNCHRO DB BOX CARRY OVER	60
BOX FLIP	61
20 CALORIE SKI ERG 12/8	81
20 SYNCHRO ALT. DEVIL PRESS	101
BOX FLIP	102
10 CALORIE SKI ERG 6/4	112
10 SYNCHRO BOX FACING BURPEES	122
SA DB OH LUNGE TO FINISH LINE	125

WORKOUT VARIATIONS

Rx'd

Male: 22.5kg/24"
Female: 15kg/20"

Scaled

Male: 15kg/20"
Female: 10kg/20"

Time OR Reps at 12 Minutes _____

Rx'd Scaled

Athlete 1 Name _____

Athlete 2 Name _____

Judge 1 Name _____

Judge 2 Name _____

I confirm the information above accurately represents the athlete's performance for this workout. _____



WORKOUT 1

PAIRS (SCALED & RX STANDARDS)

Presented by



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Time cap: 12 min.

EQUIPMENT

RX'D

- Male Dumbbell: 22.5kg
- Female Dumbbell: 15kg
- Male Box height: 24"
- Female Box height: 20"
- Concept 2 Ski Erg

SCALED

- Male Dumbbell: 15kg
- Female Dumbbell: 10kg
- Male Box height: 20"
- Female Box height: 20"
- Concept 2 Ski Erg

RX'D

STANDARDS

Pairs being behind start line

30 Calorie Ski Erg

- Male: 17 Calorie Ski Erg
- Female: 13 Calorie Ski Erg
- Roll over of calories IS ALLOWED

30 Synchro DB Box Carry Over

- 1 rep is completed when BOTH athletes feet are on the ground each side of the box at the same time
- Athletes DO NOT need to fully extend on the box but BOTH feet must touch the top of the box

Box Flip

- To be done with control and finish in the next marked zone

20 Calorie Ski Erg

- Male: 12 Calorie Ski Erg
- Female: 8 Calorie Ski Erg
- Roll over of calories IS ALLOWED

20 Synchro Alt. Devil Press

- BOTH athletes chests must touch the floor to begin the rep
- 1 rep is completed when BOTH athletes are locked out overhead at the same time - hips, knees and shoulders MUST all be locked out

Box Flip

- To be done with control and finish in the next marked zone

10 Calorie Ski Erg

- Male: 6 Calorie Ski Erg
- Female: 4 Calorie Ski Erg
- Roll over of calories IS ALLOWED

10 Synchro Box Facing Burpees

- BOTH athletes chests must touch the floor at the same time to begin the rep
- Athletes DO NOT need to fully extend on the box but BOTH feet must touch the box
- Jumps MUST be 2-foot take off, stepping down is permitted

SA DB OH Lunge to Finish Line

- Athletes knees must touch the ground with each step
- Feet must meet together and athlete MUST stand tall between steps

The workout is complete when BOTH athletes have crossed the finish line with a completed rep (feet together)

SCALED

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- Male: 6 Calorie Ski Erg
- Female: 4 Calorie Ski Erg
- Roll over of calories IS ALLOWED

10 Synchro Box Facing Burpees

- BOTH athletes chests must touch the floor at the same time to begin the rep
- Athletes DO NOT need to fully extend on the box but BOTH feet must touch the box
- Stepping UP and stepping DOWN is permitted

SA DB OH Lunge to Finish Line

- Athletes knees must touch the ground with each step
- Feet must meet together and athlete MUST stand tall between steps

The workout is complete when BOTH athletes have crossed the finish line with a completed rep (feet together)