

Workout 1

PARTY HARD
Pairs (RX Scorecard)

Presented by



Team Name: _____

WORKOUT 1

12 Mintues:

- 800M BANDED RUN*
- INTO AMRAP
- 3 ROPE CLIMBS
- 12 BOX JUMP
OVERS

EQUIPMENT:

- Box Height 24"
- Resistance Band
- Rope

ROUNDS	
REPS	

Total Rounds & Reps at 12 Minutes

Team Captain Name: _____

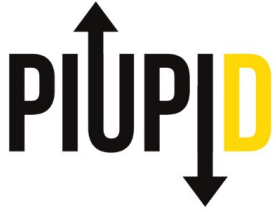
Signed: _____

Judges Name: _____

Signed: _____

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





Workout 1

PARTY HARD
Pairs (RX Standards)

Presented by



WORKOUT 1

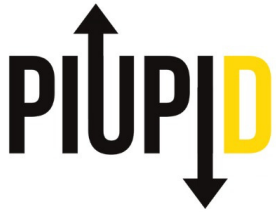
12 Minutes:

800M BANDED RUN*
INTO AMRAP
3 ROPE CLIMBS
12 BOX JUMP
OVERS

EQUIPMENT:

Box Height 24"
Resistance Band
Rope

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- As a pair (holding resistance band) they will complete the 800m course
- Once the run is complete they will spend the **REMAINDER** of the 12 Minutes completing as many rounds and reps as possible of 3 Rope Climbs and 12 Box Jump Overs
- 1 Box Jump Over = **BOTH** athletes complete a Box Jump over
- A Rope Climb is completed once the athlete has touched the required mark and controlled themselves **BELOW** the bottom marker on the rope with feet off the ground
- There is **NO** requirement to start below the bottom marker, **JUMPING** is allowed
- IF an athlete is not under control below the bottom mark the judge will issue a no rep and the climb will have to be completed again
- Lay to Stand will start with the athlete on the floor, (**HEELS, HIPS** and **SHOULDERS** need to be in contact with the floor) during the rep **SOME** knee flexion is allowed but hips must **REMAIN** locked out; the rep will be given when the athlete has gone from the floor to standing and then back to laying on the floor. **CONTROL** of the decent is required for a successful rep.
- Athletes will be required to **STEP DOWN** from the box jumps on each rep.
- Box Jumps **AND** Rope Climbs are you go I go; one athlete can do 2 of the 3 Rope Climbs each round, there is **NO** requirement to alternate, but it **MUST** be you go I go.
- There is a **MINIMUM** work requirement of completing the 800m course and for each person per round of 1 Rope Climbs **AND** 12 Box Jumps



Workout 1

PARTY HARD
Pairs (SCALED Scorecard)

Presented by



Team Name: _____

WORKOUT 1

12 Mintues:

800M BANDED RUN*
INTO AMRAP
3 ROPE CLIMBS
12 BOX JUMP
OVERS

EQUIPMENT:

- Box Height 20"
- Resistance Band
- Rope

ROUNDS	
REPS	

Total Rounds & Reps at 12 Minutes

Team Captain Name: _____

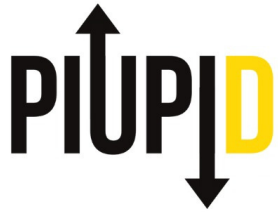
Signed: _____

Judges Name: _____

Signed: _____

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





Workout 1

PARTY HARD
Pairs (Scaled Standards)

Presented by



WORKOUT 1

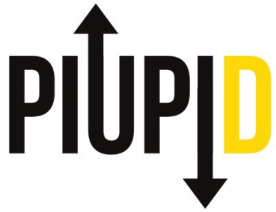
12 Minutes:

800M BANDED RUN*
INTO AMRAP
3 ROPE CLIMBS
12 BOX JUMP
OVERS

EQUIPMENT:

Box Height 20"
Resistance Band
Rope

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- As a pair (holding resistance band) they will complete the 800m course
- Once the run is complete they will spend the **REMAINDER** of the 12 Minutes completing as many rounds and reps as possible of Rope Climbs and Box Jump Overs
- 1 Box Jump Over = **BOTH** athletes complete a Box Jump over
A Rope Climb is completed once the athlete has touched the required mark and controlled themselves **BELOW** the bottom marker on the rope with feet off the ground
- There is **NO** requirement to start below the bottom marker, **JUMPING** is allowed
IF an athlete is not under control below the bottom mark the judge will issue a no rep and the climb will have to be completed again
Lay to Stand will start with the athlete on the floor, (**HEELS, HIPS** and **SHOULDERS** need to be in contact with the floor) during the rep **SOME** knee flexion is allowed but hips must **REMAIN** locked out; the rep will be given when the athlete has gone from the floor to standing and then back to laying on the floor. **CONTROL** of the decent is required for a successful rep.
- Athletes will be required to **STEP DOWN** from the box jumps on each rep.
- Box **STEP UPS** are allowed but must still step down.
Box Jumps **AND** Rope Climbs are you go I go; one athlete can do 2 of the 3 Rope Climbs each round,
- there is **NO** requirement to alternate, but it **MUST** be you go I go.
There is a **MINIMUM** work requirement of completing the 800m course and for each person per round of 1 Rope Climbs **AND** 12 Box Jumps



Workout 1

PARTY HARD
Teams (Scorecard)

Presented by



Team Name: _____

WORKOUT 1

12 Mintues:

800M BANDED RUN*
INTO AMRAP
1 ROPE CLIMB
6 BOX JUMP OVERS
WITH TEAM WORM HOLD

EQUIPMENT:

- Box Height 20"
- Resistance Band
- Rope
- Worm

ROUNDS	
CALs	

Total Rounds & Reps at 12 Minutes _____

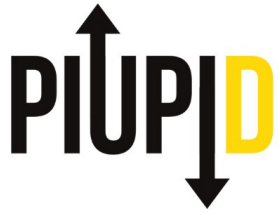
Team Captain Name: _____

Signed: _____

Judges Name: _____

Signed: _____

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



Workout 1

PARTY HARD
Team (Standards)

Presented by



WORKOUT 1

12 Minutes:

800M BANDED RUN*
INTO AMRAP
1 ROPE CLIMB
6 BOX JUMP OVERS
WITH TEAM WORM HOLD

EQUIPMENT:

Box Height 20"
Resistance Band
Rope
Worm

- Athletes will start **BEHIND** the start line on 3,2, 1... GO
- As a Team (holding resistance band) they will complete the 800m course
- Once the run is complete they will spend the **REMAINDER** of the 12 Minutes completing as many rounds and reps as possible of 1 Rope Climb and 6 Box Jump Overs whilst the Worm is held on the shoulders of the rest of the team
- One person from the team will complete a round and then return back to the worm to release the next team member
- The order has to be Male 1, Female 1, Male 2, Female 2, this **CANNOT** be changed mid workout
- A Rope Climb is completed once the athlete has touched the required mark and controlled themselves **BELOW** the bottom marker on the rope with feet off the ground
- There is **NO** requirement to start below the bottom marker, **JUMPING** is allowed
- IF an athlete is not under control below the bottom mark the judge will issue a no rep and the climb will have to be completed again
- Lay to Stand will start with the athlete on the floor, (**HEELS, HIPS** and **SHOULDERS** need to be in contact with the floor) during the rep **SOME** knee flexion is allowed but hips must **REMAIN** locked out; the rep will be given when the athlete has gone from the floor to standing and then back to laying on the floor. **CONTROL** of the decent is required for a successful rep.
- Athletes will be required to **STEP DOWN** from the box jumps on each rep.
- Box **STEP UPS** are allowed but must still step down.
- There is a **MINIMUM** work requirement of completing the 800m course and for each person per round of 1 Rope Climbs **AND** 6 Box Jumps
- The **WORM** has to held on the **SHOULDERS**, if the worm is **DROPPED** mid-way through a round, that round will **NOT** count and the athlete completing the **AMRAP** must return to the worm and help the team return the worm back to a stable shoulder position. That athlete then has to complete a whole round.