



Qualifier 20.2

On a 12:00 clock perform as many rounds as possible of:

35 Double Unders (Single Unders) (each)
 30 Synchronized DB Snatch
 35 Double Unders (Single Unders) (each)
 30 Synchronized DB Overhead Alternating Lunge
 35 Double Unders (Single Unders) (each)
 15 Synchronized Burpee Box Jump Over 24"/20"

Workout standards

The workout begins with a team member performing 35 Double Unders (or single unders if in rookie division) followed by the other team member doing the same. From here they move on to 30 synchronized Dumbbell Snatches. These are 30 total repetitions performed by both athletes synchronized/at the same time. Moving back to the doing the double/single unders following each other. Into the 30 Synchronized DB Overhead Alternating Lunges. Back to the double unders ending the round on 15 Synchronized Burpee Box Jump Overs. The double unders are to be performed after each other (1 works/1 rest for the full 35 reps). The Dumbbell and Burpee movements are to be performed synchronized.

Equipment
2 x Plyobox
2 x Dumbbell
2 x Jump Rope

Weights	
<i>Elite</i>	22,5(M)/15(F)
<i>RX</i>	22,5(M)/15(F)
<i>Mixed</i>	22,5(M)/15(F)
<i>Master</i>	22,5(M)/15(F)
<i>Rookie</i>	15(M)/10(F)

Video Standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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Movement Standards

Double Unders

A standard Double Under. Jumping up once letting the jump rope pass under the feet twice.

Single Under (Rookie)

A standard Single Under. Jumping up once letting the jump rope pass under the feet once.

Synchronized DB Snatch

This is a standard Dumbbell Snatch in which the dumbbell moves from the floor to an overhead position in one continuous motion. For every rep the dumbbell starts on the ground with at least one of the heads making contact with the floor. The athlete must move the dumbbell to a locked out overhead position in one continuous motion without pausing in any position. All types of snatches (muscle, power, squat) are allowed as long as the athlete ends up with the dumbbell extended overhead and the knees, hips and elbows locked out.

Synchronization of this movement takes place in the extended overhead position. Both athletes need to have the dumbbell in this position before taking it down to the floor again. If one athlete is earlier than the other in the overhead position, he or she needs to wait for the other athlete to get into this position as well. Only then it is a valid rep.

Synchronized DB Overhead Alternating Lunge

The athlete must make a knee to the floor forward stepping lunge with the dumbbell locked out in a single arm overhead position. The rep is complete once the athlete steps back and has his or her hips extended and the feet are leveled, with the arm still extended and the dumbbell in an overhead position. Synchronization of this movement takes place in the down portion of the lunge. Both athletes need to touch the ground with their knee at the same time. If one athlete is faster than the other, he or she needs to wait for their team member to join them in the bottom position before stepping back. The rep ends with both athletes having their hip extended with the dumbbell locked overhead.

Synchronized Burpee Box Jump Over

A standard Burpee facing the box may be made by both stepping or jumping back and forth with the complete chest touching the ground in the down position. The box jump has to be made, jumping with both feet from the floor touching the box and jumping or stepping back off on the other side.

The rep is complete when both athletes are on the other side of the box. Synchronization of this movement takes place in two parts of the movement. First in the burpee where both athletes need to be on the floor at the same time. Second, on top of the box where both athletes need to be at the same time. Meaning that if one athlete is on the floor before the other he/she needs to wait on the floor for the other to join. If one athlete is on the box before the other, he/she needs to wait on top of the box before stepping off on the other side. The rep is complete when both athletes are off the box after the last rep. Only then they can move on to the next movement.



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Scoreform

On a 12:00 clock perform as many rounds as possible of:

<i>Movement</i>	Round1	Round2	Round3	Round4	Round5	Round6
35 Double Unders (Single Unders) (each)	70	355	640	925	1210	1495
30 Synchronized DB Snatch	100	385	670	955	1240	1525
35 Double Unders (Single Unders) (each)	170	455	740	1025	1310	1595
30 Synchronized DB Overhead Alternating Lunge	200	485	770	1055	1340	1625
35 Double Unders (Single Unders) (each)	270	555	840	1125	1410	1695
15 Synchronized Burpee Box Jump Over 24"/20"	285	570	855	1140	1425	1710

Athlete Names _____

Division Elite / RX / Master / Rookie / Mixed

Team Name _____

Affiliate _____

Judge _____

Score (total reps) _____