



BRITISH TEENS & MASTERS CHAMPIONSHIPS 2020

ONLINE QUALIFIER WORKOUTS

All WORKOUTS are listed as RX'd, any modifications for age groups / scaled categories are stated below.



WOD 1 - FRURPEE!

12 - 9 - 6

HSPU

Front Squat

Bar Facing Burpees

Scorecard: Simply print this page (2) for your judge to check off your reps.

	12	9	6
HSPU	12	45	69
FRONT SQUAT	24	54	75
BAR FACING BURPEES	36	63	81

Completed Time	:
Total reps (if time-capped)	

Rx Front Squat Loading 70/50kg (155/110lbs)

MODIFICATIONS

RXd Masters 55+

- Hand Release Push Ups
- 60/42.5kg Front Squats (135/95lbs)

RXd Teens 13/15YRS

- 50/30kg Front Squats (110/65lbs)

Scaled Masters

- Dumbbell Push Press 15/10kg (35/20lbs)
- Front Squat 50/30KG (110/65lbs)
- BFBs can step over

Scaled Masters 55+

- Hand Release Knee Push Ups
- Front Squat 40/25 (90/55lbs)
- BFBs can step over

Scaled Teens

- Hand Release Push Ups
- Front Squats 20/15kg (45/35lbs)
- BFBs - can step over



WOD 1 - FRURPEE!

WORKOUT DESCRIPTION

Prior to starting the workout, the athlete will need to mark a line on the wall for the handstand push-ups (details in Movement Standards section).

This workout begins with the barbell on the floor and the athlete standing tall. After the call of “3, 2, 1 ... go,” the athlete may perform 12 handstand push-ups, then complete 12 front squats and 12 Burpees over the Bar, then 9 handstand push-ups, then 9 front squats and 9 burpees over bar, the 6 handstand push-ups, 6 front squats and 6 burpees over bar.

The workout is for time, so the athlete’s score will be the time it takes to complete the workout or the total number of repetitions completed before the 10 minute time cap.

There is no tiebreak for this workout (total reps is entered as tiebreak in score submission box).

EQUIPMENT LIST

- Barbell(s)
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division AND for bar facing burpees if scaled*
- Scaled Masters 55+ may have an extra barbell for their push press.
- Collars to secure the plates on the barbell
- A heel mark for the handstand push-ups
- Dumbbells for Push Press if Scaled Masters
- Floor marks for the burpees over barbell

*The official weight is in kilograms. For your convenience, the minimum acceptable weights in lbs for the front squat are as indicated in brackets next to associated weight and category.

MOVEMENT STANDARDS

HandStand Push Up - as per 2020 CrossFit Open Standards:

- Before starting, step 1: - stand with your back to the wall, on the same surface the hands will be on during the push-up. - Feet must be no wider than hip width, with heels touching the wall. - Look straight ahead. - Mark a line on the wall at the height of the top of the head.
- Before starting, step 2: - Place elbow on the wall, keep the wrist straight, and make a fist. - With a straight wrist, measure the distance from the wall to the end of the knuckle furthest from the wall. - Divide this number in half (to be used in step 3).
- Before starting, step 3: - From the mark at the top of the head (step 1), add the number established in step 2 (half the distance between wall and knuckle) and make a second mark. - This will be the height of the heel line for the handstand push-ups. - Once the height of the heel line is established, mark it with a marker, chalk, or tape. - Judges may restore the line between rounds as needed.
- **Example:** If an athlete is 65 inches tall and measures 14 inches from wall to knuckle, the athlete would add seven inches to the height mark for a final target line of 72 inches.
- Begin with arms locked out, heels in contact with the wall, hips open, and body in line with the arms.
- Heels must be above the pre-marked line.
- Only the heels may be touching the wall at the start and finish of each rep.
- The rep is credited upon return to the starting position.
- If the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch above the line at the beginning and end of each rep.
- Kipping is allowed.

<https://games-assets.crossfit.com/fhwiuea1osidf0923fl.pdf>

Hand Release Push Up



- RXd Masters 55+ and Scaled Teen athletes may perform hand-release push-ups instead of handstand push-ups.
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.
- The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.

Dumbbell Push Press

- Scaled Masters 34-54 may perform dumbbell push presses instead of handstand push-ups.
- Dumbbells begin at the shoulders. No racks allowed.
- Dip and drive with the legs while the weight is on the shoulders.
- Once the dumbbells leave the shoulders, the hips and knees must remain straight until the weight is locked out overhead.
- No re-dip of the legs allowed (i.e., a push jerk or split jerk).
- The rep is credited when arms, hips, and knees are fully extended and the dumbbells are directly over or slightly behind the middle of the body, with feet in line.

Hand Release Knee Push Ups

- Scaled Masters 55+ may perform hand-release knee push-ups instead of handstand push-ups.
- Elbows must be locked out, with feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking or sagging. The chest (nipple line or above) must touch the floor.
- Then the hands must be lifted completely off the ground.

Front Squats

- Barbell begins at the shoulders. No racks allowed.
- The athlete must pass through a full squat with hips below the knees.
- The rep is credited when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.

Bar Facing Burpees

- Must use a barbell with 18-inch plates.
- Must be performed perpendicular to and facing the barbell.
- May jump or step back to reach the bottom position.
- Chest and thighs must touch the ground with the head behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted. RXd divisions must jump over the barbell using a two-foot takeoff. Touching the bar, single-legged jumping, or stepping over is not permitted.
- Scaled divisions may step over the bar.
- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- No need to land with both feet at the same time.
- Must be perpendicular to and facing the barbell before starting the next rep.
- If a "no rep" is received for any reason, the entire rep must be repeated.

VIDEO SUBMISSION STANDARDS:

- Film the plates, barbell, pull up bar, dumbbells etc... so the loads can be seen clearly
- Film the measuring process for the handstand push-up mark so all measurements (and hands) can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



- To avoid penalties, take time with the camera set up or use two videos (one as back up) to make sure. Ensure feet can clearly be seen crossing the HSPU line. Film front squats from the side so full extension and depth can be reviewed. Use perpendicular lines on the floor for burpees for athlete and judge reviewer awareness.



WOD 2 - PULLEY POWER

ON A 12 MIN ROLLING CLOCK

PART A) 9 MIN AMRAP:

9 Dumbbell Thrusters @22.5/15kg (50/35lbs)

9 Cals Row

PART B) MINS 9-12:

AMRAP: Bar Muscle Ups

Scorecard: Simply print this page (6) for your judge to check off your reps.

PART A)

ROUND	9 DB THRUSTERS	9 CALS ROW
1	9	18
2	27	36
3	45	54
4	63	72
5	81	90
6	99	108
7	117	126
8	135	144
9	153	162
10	171	180
11	189	198
12	207	216

PART B) Use the blank section to make a tally after every repetition.

AMRAP MUs	
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WOD 2 - PULLEY POWER

MODIFICATIONS

RXd Masters 55+

- DB Thrusters @15/10kg (35/20lbs)
- AMRAP C2B

RXd Teens 13-15yrs

- DB Thrusters @15/10kg (35/20lbs)
- AMRAP C2B

Scaled Masters

- DB Thrusters @15/10kg (35/20lbs)
- AMRAP C2B

Masters 55+ Scaled

- Single DB Thrusters @15/10kg (35/20lbs)
- AMRAP Pull Ups

Teens Scaled

- Single DB Thrusters @15/10kg (35/20lbs)
- AMRAP Pull Ups

WORKOUT DESCRIPTION

On a running clock, this workout begins with the rower on zero, with dumbbells on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may begin performing thrusters. After 9 reps of thrusters are completed, the athlete will advance to the rowing machine. After 9 calories have been completed, the athlete can remove feet from straps and return to the thrusters for the next round.

The athlete's score for Part A will be the total number of repetitions completed before the 9 minute mark.

At 9mins, the athlete has 3minutes to perform as many bar muscle ups (scaled chest to bar or pull ups) as possible. Only full reps completed within the three minutes will count.

The athlete's score for Part B will be the total number of repetitions completed before the 12 minute time cap.

EQUIPMENT LIST

- Concept 2 Rowing Machine
- Pull Up Bar
- Dumbbells of the appropriate weight for your division*

*The official weight is in kilograms. For your convenience, the minimum acceptable weights in pounds are 22.5 kg (50 lb.), 15 kg (35 lb.) and 10 kg (20 lb.).



WOD 2 - PULLEY POWER

STANDARDS

Dumbbell Thrusters: Each set of dumbbell thrusters begins with dumbbells on the ground.

- Hold the dumbbells in the front-rack position during the squat.
- Dumbbells move from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.
- The hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when: - the dumbbells are locked out overhead, with the hips, knees, and arms fully extended. - both dumbbells are directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a “no rep.”
- Athletes may not receive any assistance moving the dumbbells.

Row

- Rowing: must reset rowing monitor each time.
- The monitor on the rower must be set to zero calories at the beginning of each row.
- Athletes may receive assistance in resetting the monitor to zero
- The athlete must stay seated on the rower, with hands on the handles until the monitor reads the correct amount of calories for each round.

Bar Muscle-ups

- Athletes may not receive any assistance moving the dumbbells.
- The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground.
- Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip.
- The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar.
- Athletes must pass through some portion of a dip-to-lockout over the bar.
- Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep.
- Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms.
- Removing the hands and resting while on top of the bar is not allowed.
- Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

Chest to bar pull ups

- At the start of each rep, arms must be fully extended, with feet off the ground. • Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not

Pull-ups

- At the start of each rep, arms must be fully extended, with feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.
- The rep is credited when the chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Single Dumbbell Thrusters: Each set of Single Dumbbell Thrusters begins with the dumbbell on the ground.

- Hold the dumbbell in the front-rack position during the squat.



- The dumbbell moves from the bottom of a front squat to a full lockout overhead.
- A full squat clean into the thruster is allowed when the dumbbell is taken from the floor.
- The hip crease must clearly pass below the top of the knees in the bottom position.
- The rep is credited when: the dumbbell is locked out overhead, with the hips, knees, and arms fully extended. The dumbbell is directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a “no rep.”
- Athletes may not receive any assistance moving the dumbbell.

VIDEO SUBMISSION STANDARDS:

- Film the pull up bar, dumbbells, rowing screen etc... so the loads can be seen clearly
- Videos must be uncut and unedited to accurately display the performance for Parts A & B.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.

NOTE: Athletes submitting video submissions for review must be prepared to submit two separate videos: one of the workout following the typical video submission standards and a separate video specifically showing the calories on the Concept2 rower monitor. The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower. When submitting videos, send only the first video (full workout) in accordance with normal video submission standards. BTC & BMC may require the second video (rower calories) and will provide further details at that time. Athletes who are unable to produce the second video upon request may be determined to have an invalid score.



WOD 3 - DUNDER SNATCH

Scorecard: Simply print this page (10) for your judge to check off your reps.

In 7 mins:

30 DU'S

5 SNATCH 52.5/30kg (115/65lbs)

30 DU'S

4 SNATCH 60/42.5kg (135/95lbs)

30 DU'S

3 SNATCH 70/52.5kg (155/115lbs)

30 DU'S

2 SNATCH 82.5/60kg (175/135lbs)

30 DU'S

REMAINING TIME: 1RM SNATCH

Double Unders	Snatch	SNATCH LOADINGS*
Tie Break Time_____ 30	5	
Tie Break Time_____ 30	4	
Tie Break Time_____ 30	3	
Tie Break Time_____ 30	2	
Tie Break Time_____ 30	1RM _____ KG	

*In the scorecard above we have left a space for you to write out the snatch loadings. We know remembering this can be tricky when you're out of breath, sweating. Also, maths.



WOD 3 - DUNDER SNATCH

MODIFICATIONS

Masters 55+ RX'd

- Snatch: 35/25 (75/55lbs), 45/35 (100/75lbs), 50/40 (100/90), 55/45 (120/100lbs), 1RM

Teens 13-15yrs RX'd

- Snatch: 35/25 (75/55lbs), 45/35 (100/75lbs), 50/40 (100/90), 55/45 (120/100lbs), 1RM

Scaled Masters

- Snatch: 20/30, 25/35, 30/40, 35/45
- Single Unders

Masters 55+ Scaled

- Snatch: 25/15kg (55/35lb), 30/20kg (65/45lbs), 35/25kg (75/55lbs), 40/30kg (90/65lbs), 1RM

Scaled Teens

- Snatch: 20/15kg (45/35lbs), 25/20kg (55/45lbs), 30/25 (65/55lbs), 35/30kg (75/65lbs), 1RM
- Single Unders

WORKOUT DESCRIPTION

With a running clock, this workout begins with the skipping rope on the floor and the bar set at the first snatch weight, with the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 30 double unders followed by 5 snatches, then 30 double unders followed by 4 snatches at a heavier weight, then 30 double unders followed by 3 snatches, increasing the weight again, then 30 double unders followed by 2 snatches at the final set weight, then finally 30 double unders for the final tie-break time. Once the final set of double unders has been completed, athletes have the remaining time to perform 1 Snatch as heavy as possible.

Only ONE barbell may be used, and the athlete may receive assistance changing the load on the bar. Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern. Athletes may **NOT** set up multiple barbells.

After each set of DUs are completed, a Tie Break time must be recorded. If the athlete completes the entire workout prior to the 7-minute time cap, their score will be their max weight lifted. If the weight is the same as someone else, the tie break time from the last set of double unders completed will be used. If no other athlete has the same max lift, no tiebreaker will be used.

If the athlete is not able to complete the entire workout in the allotted time, a score of total reps will be used, and their last tiebreak time will be factored into their score. During the workout, be sure to note the athlete's time at the end of each set of double unders. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed their final rep of double unders. In the case where two athletes have the same score (total number of reps - or weight), the athlete with the lower tiebreak time will be ranked higher. **Do NOT use a countdown timer.**

EQUIPMENT LIST:

- Jump Rope
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Collars to secure the plates on the barbell

*The official weight is in kilograms. For your convenience, the minimum acceptable weights in lbs for the snatch are listed above next to the corresponding weight in kgs. Any additional weights used for max lifts, the smallest increments allowed will be 2 x 1.25kgs (2.5lbs) each end, 2.5kgs (5lbs) total .



STANDARDS

Double-unders:

- For the double-under, the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.
- For scaled divisions, this is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

Snatches:

- One bar only
- The barbell begins on the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance, the athlete's feet must be brought back in line, this is not a ground-to-overhead anyway. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.
- Setup position with load: The barbell begins on the ground. Touch and go is permitted. No bouncing.
- Setup position with empty bar: If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.
- Barbell overhead position: The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body with the feet in line.

VIDEO SUBMISSION STANDARDS:

- Film all the plates you plan to use, and the barbell... so the loads can be seen clearly
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- When lifting your heavy single, each attempted weight must be clearly stated to the camera and weight plates shown. Any extras used must be shown at the end of the video.



WOD 4 - SHOULDER SLAM

Scorecard: Simply print this page (13) for your judge to check off your reps.

8 MIN AMRAP:

12 Wallballs @ 9/6kg (20/14lb)

10m Handstand Walk (As 2 x 5m - in 1 MTR BLOCKS)

12 Push Jerk 60/42.5 (135/95lbs)

10m Handstand Walk (As 2 x 5m - in 1 MTR BLOCKS)

R O U N D	12 Wall Balls	5m HSW*	5m HSW*	12 Push Jerk	5m HSW*	5m HSW*
1	12	17	22	34	39	44
2	56	61	66	78	83	88
3	100	105	110	122	127	132
4	144	149	154	166	171	176
5	188	193	198	210	215	220
6	232	237	242	254	259	264
7	276	281	286	298	303	308
8	320	325	330	342	347	352
9	364	369	374	386	391	396
10	408	413	418	430	435	440

Score (Total Reps)	
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*Each metre of HSW is rewarded with ONE repetition. Be sure to note this on the score sheet.



WOD 4 - SHOULDER SLAM

MODIFICATIONS

RX'd Masters 55+

- Push Jerk 42.5/30kg (95/65lbs)
- Wallballs - 9/4kg (20/10lbs) to 9/9ft

RX'd 13-15yrs Teens

- Push Jerk 42.5/30kg (95/65lbs)
- Wallballs - 6/4kg (14/10lbs) to 9/9ft

Scaled Masters

- Wallballs 6/4kg (14/10lbs) to 10/9ft
- Push Jerk 30/20kg (65/45lbs)

Scaled Masters 55+

- Wallballs - 6/4kg (14/10lbs) to 8/8ft
- Bear Crawl
- Push Jerk 20/15kg (45/35lbs)

Scaled Teens

- Wallballs - 6kg/4kg (14/10lbs) to 9/9ft
- Bear Crawl
- Push Jerk 30/20kg (65/45lbs)

WORKOUT DESCRIPTION

Prior to starting the workout, the athlete will need to measure and mark lengths on the floor with tape for the handstand walk. Then clearly show the measured lines, weight of the medicine ball, and measure the height of the target in your video.

This workout begins with the wall ball on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may pick up the ball and perform 12 wallball reps, then move to the lane for 2 x 5m handstand walk, then complete 12 push jerks and back to the lane for another 2 x 5m (10m total) handstand walk.

The athlete may then move back to the wall balls to start the second round.

The athlete's score will be the total number of repetitions completed in the 8-minute workout. Each completed 1m section of the handstand walk will count as 1 rep. There is no tiebreak for this workout.

EQUIPMENT LIST

- Medicine ball of appropriate weight for your division*
- 5m Floor space, with 1m lines marked out
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Dumbbells (modified age groups only)*

*The official weight is in kilograms. For your convenience, the minimum acceptable medicine ball weights in pounds are 9 kg (20 lb.), 6 kg (14 lb.), and 4 kg (10 lb.), barbell and dumbbell weights in lbs are listed next to their corresponding weight in kgs above.

STANDARDS

Wall Ball

- The medicine ball must be in the support position in front of the body at the start of each rep.
- Squat until the hip crease is below the knee.
- Squat cleaning is allowed as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, it is a "no rep."



- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

Handstand Walk

HSW - SEE OPEN STANDARDS: <https://games-assets.crossfit.com/fhwiuea1osidf0923fl.pdf>

- Before starting, the handstand walk area must be marked in 1meter (3.2ft) segments.
- The lane will have five consecutive segments, allowing a 5 mtr. walk in one direction and a 5mtr. walk back
- Do NOT walk more than 5mtrs in one direction without turning around.
- Kick up with both hands (entire hand, including palm and fingers) BEHIND the mark of the segment being attempted.
- Stepping over the line or landing with the hands on or over the line is a “no rep.”
- Must walk forward.
- Coming down from the hands at any time requires a restart from behind the last line successfully crossed.
- A rep is credited when both hands, including palms and fingers, cross the line before the feet touch the ground.
- Each 1mtr section will count as 1 rep.
- Must handstand walk across the line. Jumping both hands over the line to finish a section is not allowed.

Bear Crawl

- Scaled athletes may bear crawl instead of handstand walk.
- Use the same floor marking as the handstand walking setup (see above).
- Both hands (entire hand, including palm and fingers) must be placed on the ground BEHIND the mark of the segment being attempted.
- Reaching onto or over the line constitutes a “no rep.” • Hips must remain above head height.
- Standing up, dropping to the floor, or dropping the hips below the head at any time requires a restart from behind the last line successfully crossed.
- A rep is credited when both feet and both hands cross the line.
- Each 1mtr section will count as 1 rep.

Push Jerk

- A muscle clean, Power Clean, squat clean or split clean can be used, as long as the barbell starts from the floor and comes to the shoulders, with the hips and knees fully extended, and the feet in line, and the elbows in front of the bar.
- The athlete must then perform a Jerk. Where the bar must be caught in a partial squat position, with arms locked out.
- The rep is counted when the barbell is fully locked out overhead directly over the middle of the athlete’s body, with the arms, hips, and knees extended, and the feet in line under the body.
- No part of the body other than the feet may touch the ground during the execution of the lift

VIDEO SUBMISSION STANDARDS:

- Film the plates, barbell, wall ball etc... so the loads can be seen clearly
- Film the measuring process for the length of the floor marks for the handstand walk so all measurements (and hands) can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



NOTES

FOR ALL WORKOUTS:

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.