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## WORKOUT 1 - "THE LONG ONE"

### "THE LONG ONE"

FOR TIME:

BUY-IN: 30/24 CALORIE ROW

THEN...

4 ROUNDS OF:

15 THRUSTERS

9 TOES-TO-BAR

6 BAR FACING BURPEES

THEN...

CASH OUT: 30/24 CALORIE ROW

TIME CAP - 16:00

### WEIGHTS PER DIVISION

RX: 95 LBS/65LBS

SCALED: 75LBS/55LBS, HANGING KNEE RAISES

RX MASTERS (50+): 75LBS/55LBS

SCALED MASTERS (50+): 65LBS/45LBS, HANGING KNEE RAISES

### WORKOUT FLOW

This workout begins with the athlete standing on the starting mat. At the call of 3,2,1, GO!... The athlete will move to the rower and complete 30 Calories for Men/24 Calories for Women.

When the athlete completes the required calories, they will move to the barbell and complete 15 Thrusters. Once the Thrusters are complete the athlete will now move back toward the pull up bar and complete 9 Toes-to-Bar for RX or 9 Hanging Knee Raises for SCALED divisions. Once the Toes-to-Bar/Hanging Knee Raises are complete, the athlete will move back to the barbell and complete 6 Bar Facing Burpees. Once the Bar Facing Burpees are complete, the athlete MUST roll their barbell forward before starting the next round of Thrusters. This format will continue for 4 rounds total. In the final round, the barbell does not have to be moved forward after the Bar Facing Burpees.



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Upon completion of the 4 rounds, the athlete will move back to the rower to complete 30 Calories for Men/24 Calories for Women. Once the calories on the Rower are complete, the athlete MUST run to the finish mat on the opposite side of the floor for the workout to be completed.

Time will be called when the athlete is on the finishing mat.

If an athlete does not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the athlete with a timed score.

#### **GENERAL/EQUIPMENT STANDARDS**

- The athletes may adjust the foot rests and straps but cannot touch the monitor and must remain on the seat until the required calories are completed. The monitor can only be reset by the judge.
- The athlete and the barbell must remain in their respective lane. If the barbell is out of the lane, it is the responsibility of the athlete to return the barbell to its correct area.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN. (EXCEPT FOR THE RESETTING OF THE ROWER)

#### **MOVEMENT STANDARDS**

##### **ROW (ALL DIVISIONS)**

The monitor on the rower must be set to zero at the beginning of each row. The judge will be in charge of starting and resetting the screen. The athlete must stay seated on the rower until the monitor reads the required amount of calories. The handle of the rower must be placed back into the rack before moving to the next movement.

##### **THRUSTERS (ALL DIVISIONS)**

Each set of thrusters begins with the barbell on the ground. The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over, or slightly behind, the middle of their body. The rep must be completed in one fluid motion from



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the bottom of the squat. A front squat followed by a jerk is not allowed. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

### **TOES-TO-BAR (RX DIVISIONS)**

Athletes begin by hanging from the pull-up bar with arms extended. The heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when both feet contact the bar between the hands at the same time. Any part of the feet may make contact with the bar.

### **HANGING KNEE RAISES (SCALED DIVISIONS)**

The athlete must begin by hanging from the pull-up bar with arms extended. Heels must be brought back behind the bar. Overhand, underhand, or mixed grips are all permitted. The rep is credited when the athlete's knees rise above the hips.

### **BAR FACING BURPEES (RX & SCALED DIVISIONS)**

The burpees must be performed perpendicular to and facing the barbell. Athletes may jump or step back to reach the bottom position. The center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. The athlete's head must stay 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. For RX Divisions, the athlete MUST clearly jump over the barbell. Both feet must be off the ground as the athlete passes over the bar. Stepping over is NOT permitted. The athlete does NOT need to use a two-foot takeoff. SCALED DIVISIONS may step over the bar. Touching the barbell on the jump or step-over is a "no rep." The rep is credited when both feet have touched the ground on the opposite side of the barbell. There is no requirement to land with both feet at the same time. The athlete must be perpendicular to and facing the barbell before starting the next rep. Athletes may not receive assistance moving or resetting their barbell unless safety is an immediate concern. If the athlete receives a "no rep" for any reason, the entire rep will not count and you can continue of whatever side you are on.