



# ONLINE QUALIFIER

6 P.M. EST THURSDAY, JAN 23 - 11:59 P.M. EST MONDAY, FEB 10

## AFCOQ 25.1

For Time:

40 Calorie Row  
40 Box Jump Overs (20in/24in)  
20 Calorie Row  
20 Burpee Box Jump Overs (20in/24in)

No Time Cap

### TIEBREAK

The time should be recorded after the completion of the first set of box jump overs/lateral hops over rower.

### EQUIPMENT

- Concept2 Rower
- Box

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.

## WORKOUT VARIATIONS

### MASTERS

Same as Rx/Intermediate

### SCALED

Lateral Hops Over Rower  
Burpees Over Rower

### NOTES

Athletes must set up their competition area according to the designated layout. The workout begins with the athlete seated on the rower and hands off the handle. Upon the call of “3, 2, 1... go,” the athlete rows for 40 calories, then moves to complete 40 box jump overs or lateral hops over the rower, depending on the division. THE MONITOR MUST BE RESET TO 0 CALORIES.

After finishing, the athlete rows for 20 calories, followed by either 20 burpee box jump overs or 20 burpees over the rower. The workout continues until all reps are completed. There is no time cap, and the score is the total time to finish the workout. Athletes must adhere to the movement standards.

## HELPFUL RESOURCES

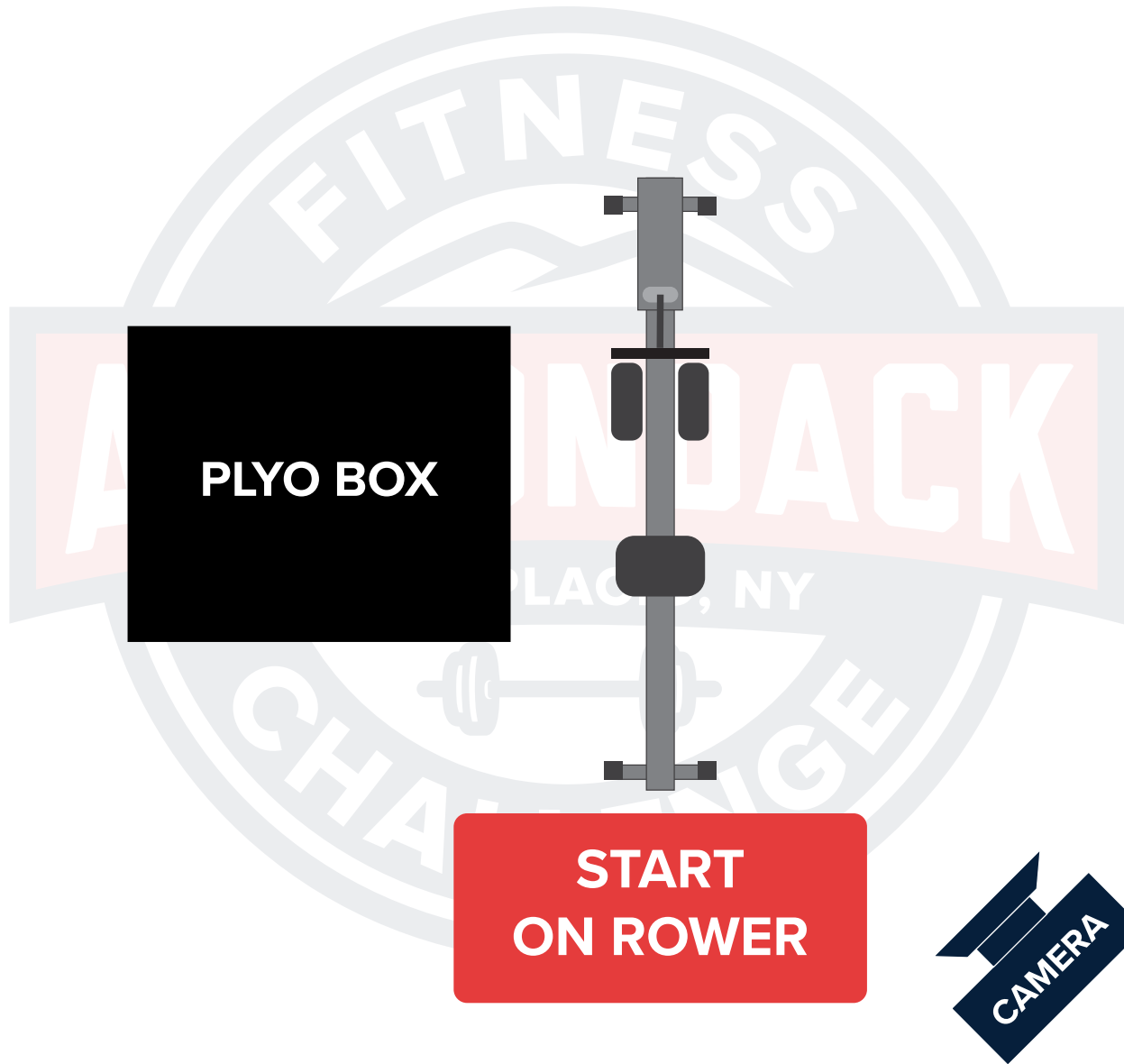
[VIDEO SUBMISSION STANDARDS](#)

[WORKOUT DEMONSTRATION](#)



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## MOVEMENT STANDARDS

### CALORIE ROW

Begin seated on the rower with feet strapped in and the monitor set to count calories. Hands must remain off the handlebar until the workout has started. Proper rowing technique is encouraged, but no specific form standard is required.

### BOX JUMP OVER

Start standing on one side of the box. Jump with both feet **onto the box** and STEP OFF the other side. You can jump laterally or facing the box. A rep is credited when both feet land on the opposite side of the box. Full extension on top of the box is not required.

### BURPEE BOX JUMP OVER

Start standing facing the box. Perform a burpee with your chest and thighs touching the ground, facing the box. Then, jump **onto the box** with both feet and STEP OFF the opposite side. A rep is credited when both feet land on the opposite side of the box. Full extension on top of the box is not required.

### BURPEE OVER ROWER

Begin standing next to the rower (parallel to the rower). Perform a burpee with your chest and thighs touching the ground, then jump laterally over the rower with both feet leaving the ground at the same time. Stepping over the rower is not allowed. A rep is credited when both feet land on the other side of the rower.

### LATERAL HOP OVER ROWER

Begin standing on one side of the rower. Jump laterally over the rower with both feet LEAVING THE GROUND AT THE SAME TIME. Stepping or single-foot jumps are not allowed. A rep is credited when both feet land on the other side of the rower.



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## AFCOQ 25.1

40 Calorie Row  
40 Box Jump Overs  
20 Calorie Row  
20 Burpee Box Jump Overs

No Time Cap

Box Height: 20in/24in

## RX/INTERMEDIATE, & MASTERS SCORECARD

40 CALORIE ROW	40
40 BOX JUMP OVERS	80
20 CALORIE ROW	100
20 BURPEE BOX JUMP OVER	120

TIME

Athlete Name \_\_\_\_\_

PRINT

Time \_\_\_\_\_

Workout Location \_\_\_\_\_

Tiebreak Time \_\_\_\_\_

I confirm the informaton above accurately represents the athlete's performance for this workout. \_\_\_\_\_

ATHLETE SIGNATURE



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## AFCOQ 25.1

40 Calorie Row  
40 Lateral Hops Over Rower  
20 Calorie Row  
20 Burpees Over Rower

No Time Cap

## SCALED SCORECARD

40 CALORIE ROW	40
40 LATERAL HOPS OVER ROWER	80
20 CALORIE ROW	100
20 BURPEES OVER ROWER	120

TIME

Athlete Name \_\_\_\_\_

PRINT

Time \_\_\_\_\_

Tiebreak Time \_\_\_\_\_

Workout Location \_\_\_\_\_

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

ATHLETE SIGNATURE



# ONLINE QUALIFIER

6 P.M. EST THURSDAY, JAN 23 - 11:59 P.M. EST MONDAY, FEB 10

## AFCOQ 25.2

3-6-9-12-15-18-21

Thruster (65/95)

Toes-to-Bar

\*Start every set with 50 Double Unders

20 Minute Cap

## EQUIPMENT

- Pull-Up Bar
- Jump Rope
- Tape
- Barbell
- Standard Bumper Plates (18-inch diameter)
- Collars to secure the plates on the barbell

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.

## WORKOUT VARIATIONS

### Rx/Intermediate

Thrusters (65/95), Toes-to-Bar, Double Unders

### Masters

Thrusters (55/75), Toes-to-Bar, Double Unders

### Scaled

Thrusters (45/65), Hanging Knee Raise, Single Unders

## NOTES

Athletes must set up their competition area according to the provided layout. The workout begins with the athlete standing at their jump rope. Upon the call of "3, 2, 1... go," the athlete completes 50 double-unders (or single-unders for scaled divisions) before moving to the barbell to perform thrusters and toes-to-bar (or hanging knee raises for scaled divisions) in an ascending rep scheme of 3-6-9-12-15-18-21. Each round begins with 50 double-unders or single-unders. The workout is for time, with a 20-minute time cap. The score is the time it takes to complete all the work, or the total number of reps completed within the time cap if the athlete does not finish.

## TIEBREAK

There is no tiebreak for this workout

## HELPFUL RESOURCES

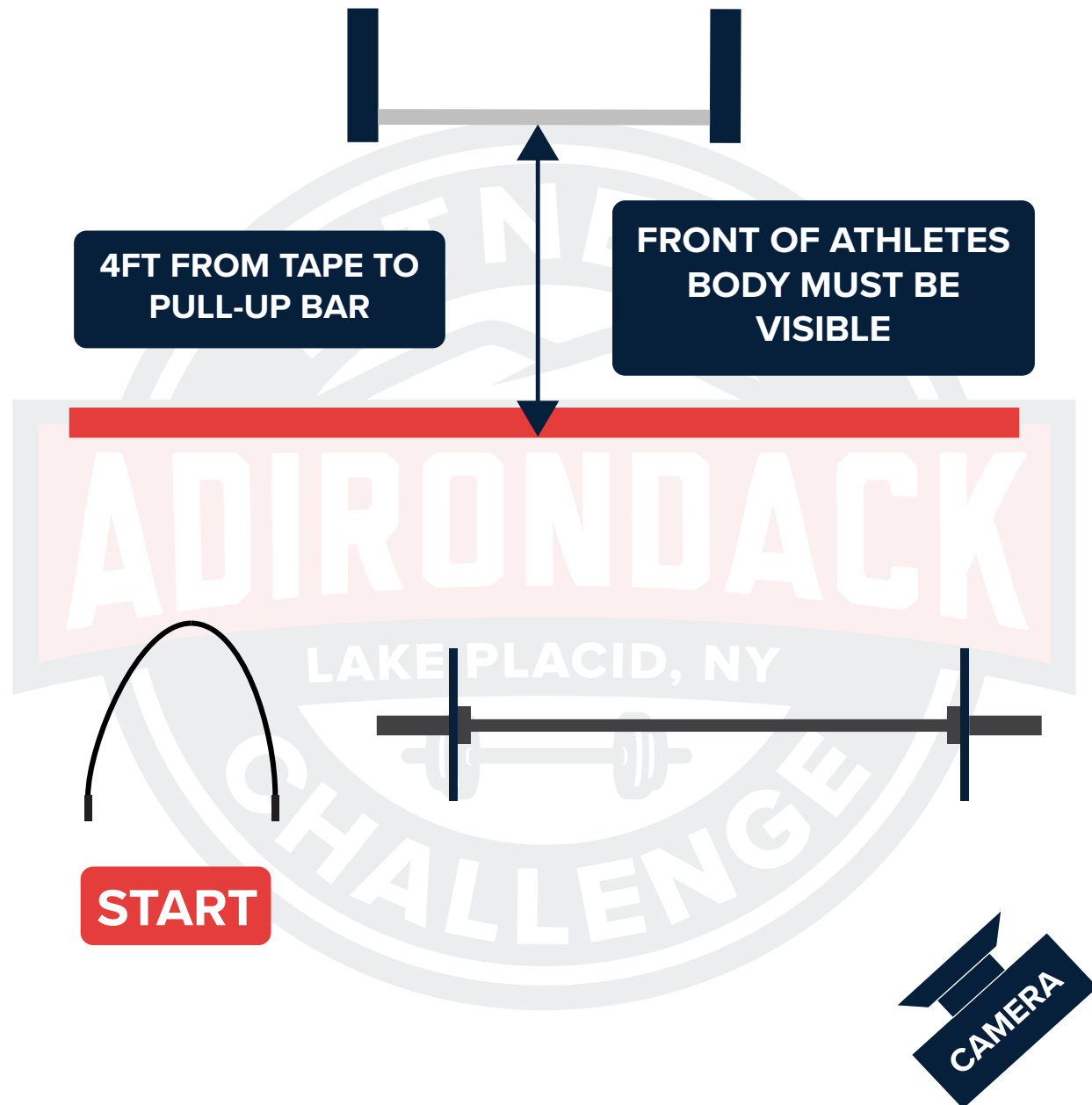
[VIDEO SUBMISSION STANDARDS](#)

[WORKOUT DEMONSTRATION](#)



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## MOVEMENT STANDARDS

### THRUSTER

The thruster begins with the barbell on the ground. The athlete must bring the barbell to the front-rack position to start the first rep. From the front-rack position, the athlete must perform a full squat, ensuring the hip crease clearly passes below the top of the knees. From the bottom of the squat, the barbell must be driven overhead in one continuous motion. The barbell does not need to be returned to the ground between reps and may be brought back to the shoulders to begin the next rep. A rep is credited when the barbell is locked out overhead with the hips, knees, and arms fully extended, and the bar is directly over the middle of the athlete's body.

### TOES-TO-BAR

Begin hanging from the pull-up bar with arms fully extended and feet off the ground. Pull your toes up to make clear contact with the bar between your hands. A rep is credited when both toes touch the bar at the same time.

### HANGING KNEE RAISE

Begin hanging from the pull-up bar with arms fully extended and feet off the ground. Pull your knees up until they clearly pass above the height of your hips. A rep is credited when your knees pass the hip height.

### DOUBLE UNDER

Begin with the rope on the floor. A rep is credited each time the rope completes two full revolutions under the feet for each jump.

### SINGLE UNDER

Begin with the rope on the floor. A rep is credited each time the rope completes one full revolution under the feet for each jump.



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## RX/INTERMEDIATE & MASTERS SCORECARD

### AFCOQ 25.2

3-6-9-12-15-18-21  
Thruster (65/95)  
Toes-to-Bar

\*Start every set with 50 Double Unders

20 Minute Cap

#### WORKOUT VARIATIONS

##### Rx/Intermediate

Thrusters (65/95), Toes-to-Bar, Double Unders

##### Masters

Thrusters (55/75), Toes-to-Bar, Double Unders

##### Scaled

Thrusters (45/65), Hanging Knee Raise, Single Unders

50 DOUBLE UNDERS	REPS	THRUSTER	TOES-TO-BAR
50	3	53	56
106	6	112	118
168	9	177	186
236	12	248	260
310	15	325	340
390	18	408	426
476	21	497	518

Athlete Name \_\_\_\_\_

PRINT

Time or Reps \_\_\_\_\_

Workout Location \_\_\_\_\_

I confirm the informaton above accurately represents the athlete's performance for this workout. \_\_\_\_\_

ATHLETE SIGNATURE



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## SCALED SCORECARD

### AFCOQ 25.2

3-6-9-12-15-18-21  
 Thruster (45/65)  
 Hanging Knee Raise

\*Start every set with 50 Single Unders

20 Minute Cap

50 SINGLE UNDERS	REPS	THRUSTER	HANGING KNEE RAISE
	<b>3</b>		
50		53	56
	<b>6</b>		
106		112	118
	<b>9</b>		
168		177	186
	<b>12</b>		
236		248	260
	<b>15</b>		
310		325	340
	<b>18</b>		
390		408	426
	<b>21</b>		
476		497	518

Athlete Name \_\_\_\_\_

PRINT

Time or Reps \_\_\_\_\_

Workout Location \_\_\_\_\_

I confirm the informaton above accurately represents the athlete's performance for this workout. \_\_\_\_\_

ATHLETE SIGNATURE

\_\_\_\_\_



# ONLINE QUALIFIER

6 P.M. EST THURSDAY, JAN 23 - 11:59 P.M. EST MONDAY, FEB 10

## AFCOQ 25.3A/B

**AMRAP 9**

**4 Cleans (125/185)**

**8 Chest-to-Bar**

**Immediately into 25.3B**

**6 MINUTES:**

**1-Rep Max**

**Clean + Front Squat + Hang Clean**

begins with the barbell on the ground. Athletes must complete a clean, a front squat, and a hang clean in sequence without dropping the barbell. Dropping the barbell at any point during the complex results in a no-rep. Athletes may receive help loading their barbell and only one barbell may be used. As long as the barbell is lifted off the floor before the time cap the athlete may complete the lift. The score for this test is the heaviest successfully completed complex within the 6-minute time frame.

### TIEBREAK

No tiebreak for this workout

## WORKOUT VARIATIONS

### Rx/Intermediate

Clean (125/185), Chest-to-Bar

### Masters

Clean (105/155), Pull-ups

### Scaled

Clean (95/135), Pull-ups

## NOTES

Athletes must set up their equipment according to the provided layout. Upon the call of “3, 2, 1... go,” the athlete performs a 9-minute AMRAP of 4 cleans and 8 chest-to-bar pull-ups or regular pull-ups, depending on the division. At the end of the 9-minute AMRAP, athletes immediately transition into AFCOQ 25.3B. The score for 25.3A is the total reps completed within the 9-minute time frame.

After completing AFCOQ 25.3A, athletes have 6 minutes to establish a 1-rep max for the Clean + Front Squat + Hang Clean complex. The complex

## EQUIPMENT

- Pull-Up Bar
- Tape
- Barbell
- Standard Bumper Plates (18-inch diameter)
- Collars to secure the plates on the barbell

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## HELPFUL RESOURCES

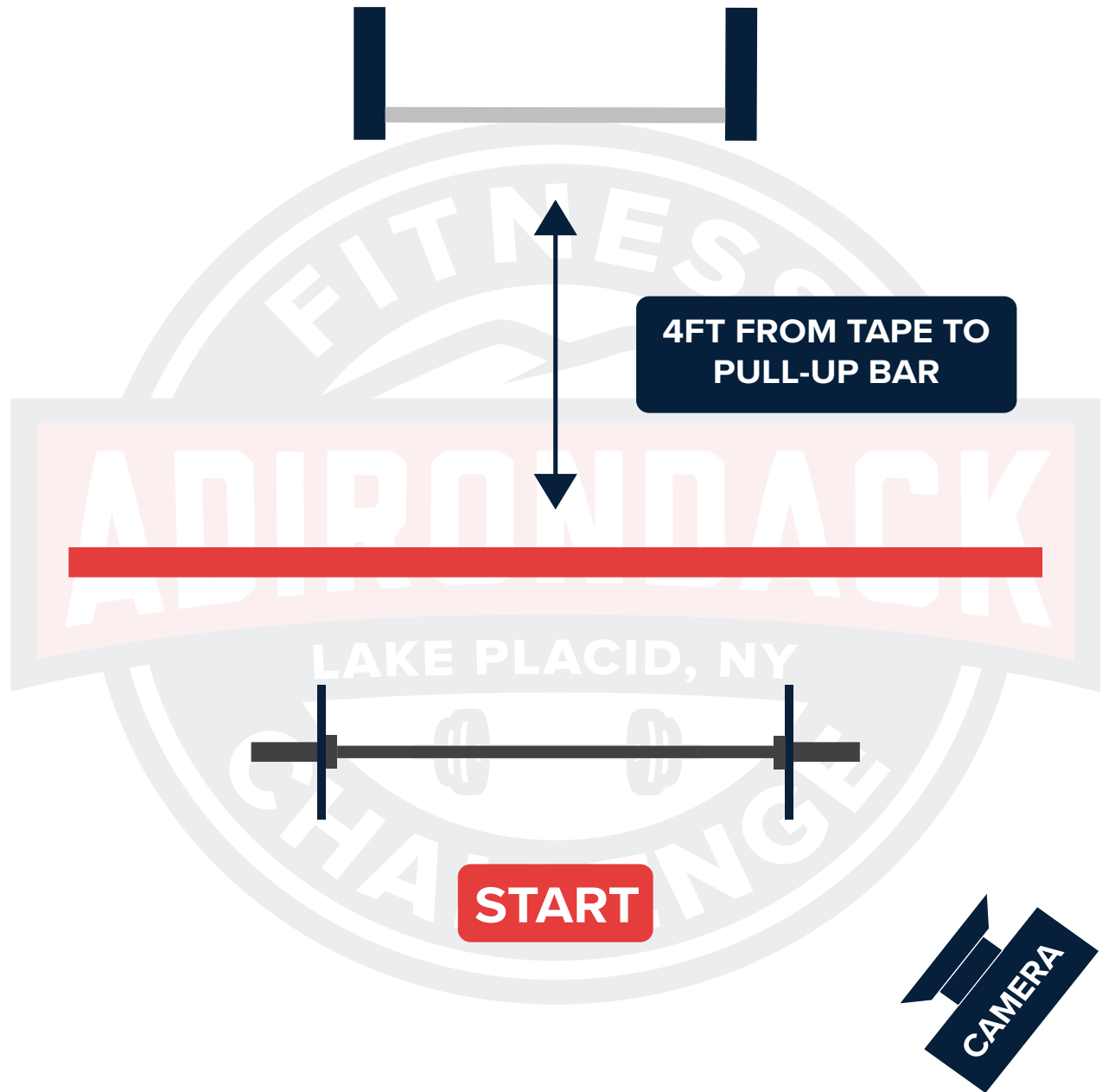
[VIDEO SUBMISSION STANDARDS](#)

[WORKOUT DEMONSTRATION](#)



# ONLINE QUALIFIER

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4FT FROM TAPE TO  
PULL-UP BAR

START

CAMERA



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## MOVEMENT STANDARDS

### CLEAN

Begin the clean with the barbell on the ground and collars placed outside the plates. You may perform power cleans, squat cleans, or split cleans, but hang cleans are not allowed. A rep is credited when your hips and knees reach full extension, your feet are in line, and the bar is supported in the front-rack position with elbows clearly in front of the hands.

### CHEST-TO-BAR PULL-UP

Begin hanging from the pull-up bar with arms fully extended and feet off the ground. Pull until your chest clearly makes contact with the bar below the collarbone. A rep is credited when the chest makes contact with the pull-up bar.

### PULL-UP

Begin hanging from the pull-up bar with arms fully extended and feet off the ground. Pull until your chin clearly passes over the top of the bar. A rep is credited when the chin passes over the top of the bar.

### CLEAN + FRONT SQUAT + HANG CLEAN COMPLEX

The complex begins with the barbell on the ground. The clean must bring the bar to the front-rack position with hips and knees fully extended. Next, the front squat requires the hip crease to pass below the knees, returning to full extension. Finally, the barbell must reach the hang position before performing the hang clean, which ends in the front-rack position with full hip and knee extension. Dropping the barbell at any point results in a no-rep.



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## AFCOQ 25.3A/B

AMRAP 9  
4 Cleans (125/185)  
8 Chest-to-Bar

Immediately into 25.3B

6 MINUTES:

1-Rep Max  
Clean + Front Squat + Hang  
Clean

### WORKOUT VARIATIONS

#### Rx/Intermediate

Clean (125/185), Chest-to-Bar

#### Masters

Clean (105/155), Pull-ups

#### Scaled

Clean (95/135), Pull-ups

## ALL DIVISION SCORECARD

Rounds	4 Cleans	8 Chest-to-Bar/ Pull-ups
1	4	12
2	16	24
3	28	36
4	40	48
5	52	60
6	64	72
7	76	84
8	88	96
9	100	108
10	112	120
11	124	132
12	136	144
13	148	156
14	160	168

## 25.3B SCORECARD

ATTEMPT	WEIGHT
1	
2	
3	
4	
5	
6	

Athlete Name \_\_\_\_\_

PRINT

**25.3A**

Reps \_\_\_\_\_

Workout Location \_\_\_\_\_

**25.3B**

Max Load Lifted \_\_\_\_\_

I confirm the informaton above accurately represents the athlete's performance for this workout. \_\_\_\_\_

ATHLETE SIGNATURE