



BOWLING ALLEY

AMRAP 8 MINS

50 Wall Balls

50 Double Unders

(*) Change Athlete after each Round

♀ 14-lb (6 kg) medicine ball, 10-foot target

♂ 20-lb (9 kg) medicine ball, 10-foot target



SCALED

♀ 10-lb (4 kg) medicine ball, 10-foot target

♂ 14-lb (6 kg) medicine ball, 10-foot target

Option 1:

25 Double Unders

Option 2:

75 Single Unders

Scaled teams can select Option 1 or 2. All athletes must do the same Option during the entire workout. Every double under will score 3 points

EQUIPMENT

1 Jumping Rope

2 Wall Balls (RX: 20 / 14 lbs) (Scaled 14 / 10 lbs)

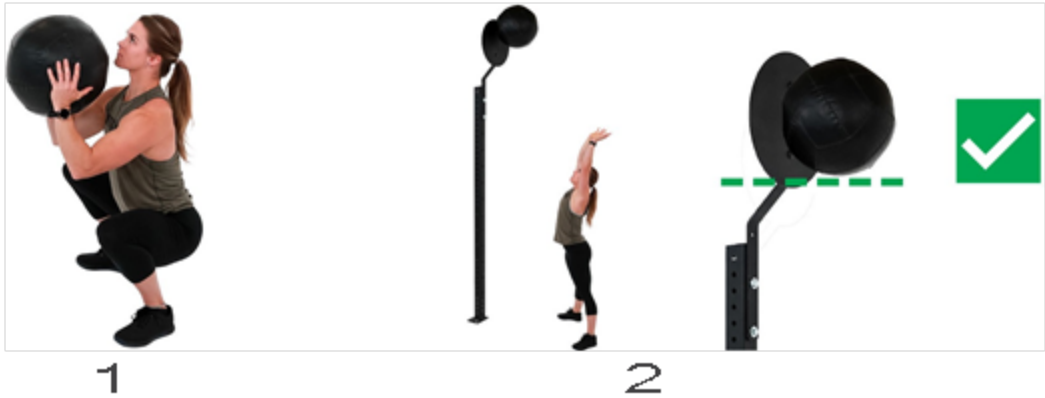
NOTES:

- Workout Starts with All 3 Athletes behind the designated lane
- Athlete 1 runs to the wall ball area to start the set of wall balls.
- Once athlete 1 completes a full round of wall balls and double / single unds runs back to the designated lane to tag the next athlete.
- Teams are allowed to choose whatever order they want for the athletes.
- All 3 Athletes must complete 1 round before any of them can attempt a second one.
- Order of athletes must be kept for the subsequent rounds. For example, if they choose, M1-F-M2, the next athlete for round 4 must be M1
- Athletes must bring their own jumping rope.
- **THE TARGET HEIGHT WILL BE THE SAME FOR MALE AND FEMALE ATHLETES BOTH SCALED AND RX**



WALL BALLS

REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
 - A squat clean is allowed, but not required, to start a set.
 - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

COMMON NO REPS

NOTE: This list is not exhaustive.



Squatting at or above parallel.



The ball hitting low on the target



The ball not making contact with the wall target

ADDITIONAL

Allowing the ball to drop from the target and catching it on the bounce/rebound



STANDARDS

DOUBLE UNDERS



REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

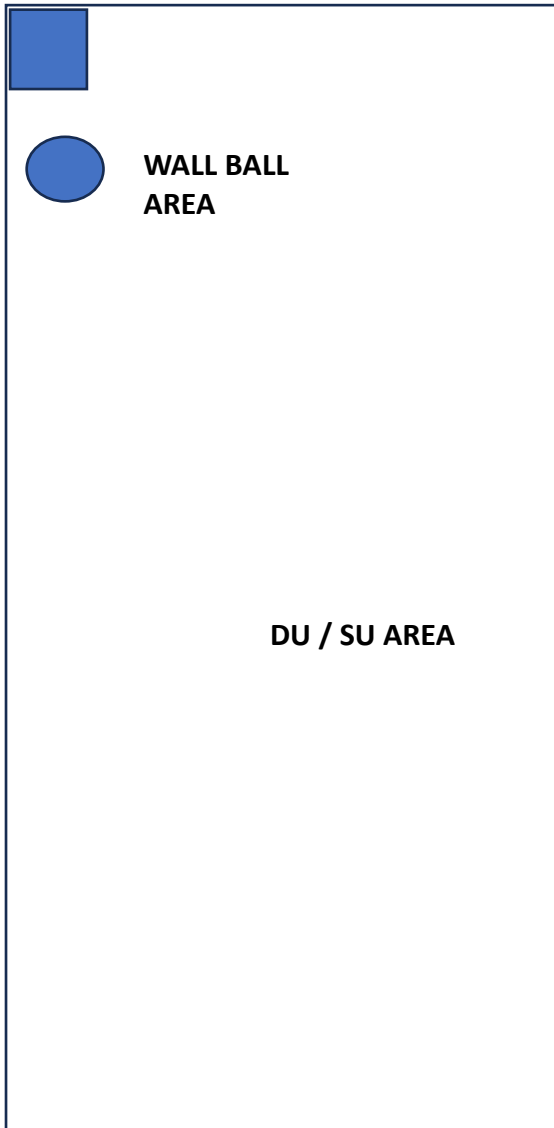
COMMON NO REPS

NOTE: This list is not exhaustive.

- Crediting attempts instead of successful reps.
- Spinning the rope backward.



TARGET



ATHLETES WAIT LINE



SCORE CARD
BOWLING ALLEY



AMRAP 8 MINS
50 Wall Balls
50 Double Unders

(*) Change Athletes after each Round

♀ 14-lb (6 kg) medicine ball, 10-foot target
♂ 20-lb (9 kg) medicine ball, 10-foot target

AMRAP 8 MINS	WALL BALLS	DOUBLE UNDERS	
ROUND 1 : ATHLETE 1	50	100	TIE BREAK TIME
ROUND 2: ATHLETE 2	150	200	
ROUND 3: ATHLETE 3	250	300	
ROUND 4: ATHLETE 1	350	400	
ROUND 5: ATHLETE 2:	450	500	
ROUND 6: ATHLETE 3:	550	600	
TOTALSCORE AT TIME CAP			

TEAM NAME: _____ RX: _____

SCORE: _____ REPS

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 2

TEAM NAME: _____ RX: _____ SCORE : _____ REPS / TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____



SCORE CARD
SCALED
BOWLING ALLEY



AMRAP 8 MINS	WALL BALLS	DOUBLE / SINGLE UNDERS	
ROUND 1 : ATHLETE 1	50	125	TIE BREAK TIME
ROUND 2: ATHLETE 2	175	250	
ROUND 3: ATHLETE 3	300	375	
ROUND 4: ATHLETE 1	425	500	
ROUND 5: ATHLETE 2:	550	625	
ROUND 6: ATHLETE 3:	675	750	
TOTALSCORE AT TIME CAP			

TEAM NAME: _____ RX: _____

SCORE: _____ REPS

TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____

EVENT 2

TEAM NAME: _____ RX: _____ SCORE : _____ REPS / TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: _____