

QUALIFIER AG18.1**16 MINUTE AMRAP****15 CALORIE ROW****6M ONE-ARM DUMBBELL OVERHEAD LUNGES****30 DUMBBELL SNATCH - *ALTERNATING*****6M ONE-ARM DUMBBELL OVERHEAD LUNGES**

Men - All Divisions (Individual/ Team/ Masters 35-39/Masters40+) will use a 22.5kg dumbbell

Women - All Divisions (Individual/ Team/ Masters 35-39/Masters40+) will use a 15kg dumbbell

EQUIPMENT

- Concept 2 rower – no other brands of rowers will be accepted
- One dumbbell – 22.5kg for men (minimum accepted in lb. is 50lb) and 15kg for women (minimum accepted in lb. is 35lb)
- Tape or lines on ground at 1metre increments for 6metres

SCORING & SUBMISSION DEADLINE

For individuals & masters: The athlete's score will be the total number of repetitions completed within the 16-minute time cap. For the Dumbbell Lunges: 1m=1rep.

For teams: Each of the 4 athletes will complete this workout as individuals and the team's score will be the accumulated total repetitions completed by all 4 athletes, within the 16-minute time cap.

Submission deadline: Tuesday 26th June 23:59 (GMT+3 - Cyprus Time)

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measurement for each 1metre increment (6metres in total), clearly show the weight of the dumbbell and position the camera so the monitor on the rower and the distance for the lunges can be clearly seen throughout the duration of the video. All video submissions should be uncut and unedited in order to accurately display the performance.

A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

QUALIFIER AG18.1

16 MINUTE AMRAP

15cal. Row

6m One-Arm Dumbbell Overhead Lunges

30 Dumbbell Snatch - *alternating*

6m One-Arm Dumbbell Overhead Lunges

Men - All Divisions: 22.5kg DB

Women - All Divisions: 15kg DB

| Round | 15 Calorie Row | 6 metres One Arm Dumbbell Overhead Lunges | 30 Dumbbell Snatch | 6 metres One Arm Dumbbell Overhead Lunges | |
|-------|----------------------|-------------------------------------------------|--------------------------|-------------------------------------------------|------------|
| 1 | 15 | 21 | 51 | 57 | 57 |
| 2 | 72 | 78 | 108 | 114 | 114 |
| 3 | 129 | 735 | 165 | 171 | 171 |
| 4 | 186 | 192 | 222 | 228 | 228 |
| 5 | 243 | 249 | 279 | 285 | 285 |
| 6 | 300 | 306 | 336 | 342 | 342 |
| 7 | 357 | 363 | 393 | 399 | 399 |
| 8 | 414 | 420 | 450 | 456 | 456 |
| 9 | 471 | 477 | 507 | 513 | 513 |
| 10 | 528 | 534 | 564 | 570 | 570 |

ATHLETE NAME _____

SCORE _____

GYM/BOX _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE IS CORRECT AND ACCURATELY REPRESENTS MY SCORE FOR THE WORKOUT

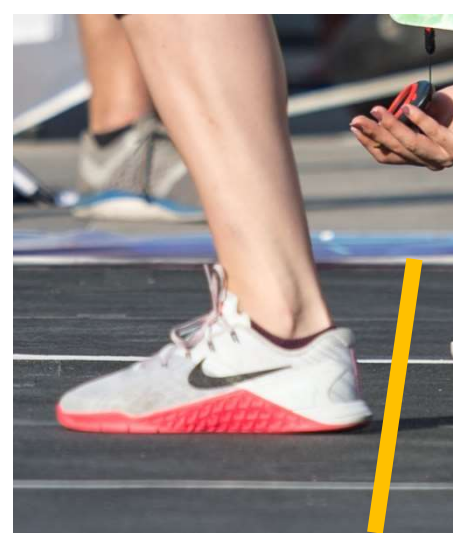
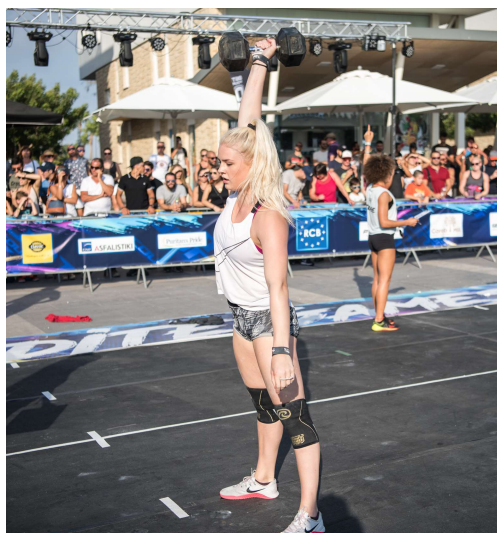
ATHLETE SIGNATURE

ROW



The monitor on the rower must be set to zero at the beginning of the row. The monitor can be reset by the athlete or the coach/judge. The athlete must stay seated on the rower until the monitor reads 15 cal.

ONE-ARM DUMBBELL OVERHEAD LUNGES



The athlete starts with one dumbbell held overhead with the athlete standing tall and feet together, behind the line.

With each lunge, the trailing knee must make contact with the ground. The dumbbell must remain overhead and cannot make contact with the body for the duration of each rep. The athlete must alternate feet stepping forward for each rep to count.

For the rep to count, both heels will have crossed the line with the athlete's feet in line, hips and knees extended and dumbbell overhead.

DUMBBELL SNATCH



The rep begins with the dumbbell on the ground. Both heads of the dumbbell must be in contact with the ground before each rep.



The dumbbell must be lifted overhead in one motion without touching any part of the body. The rep is counted when the athlete is standing tall with the dumbbell overhead with elbows, hips and knees fully extended.



The athlete must alternate arms after each rep is completed. Changing the dumbbell in the air is permitted.