

EVENT 1: CHALK DIRTY TO ME

FITNESS

AMRAP (11 MINUTES TIME CAP)

Event 1A:

Max Cal Row

Every Minute on the Minute 5 Burpees Over Rower

(Starting at 0:00)

Event 1B:

Max Rounds Of:

1 Rope Climb 10 ft

12 Synchronized Double DB Thrusters (M-F)

12 Synchronized Burpees To Target (2 members)

FITNESS

Dumbbells: 15 kg – 10 kg

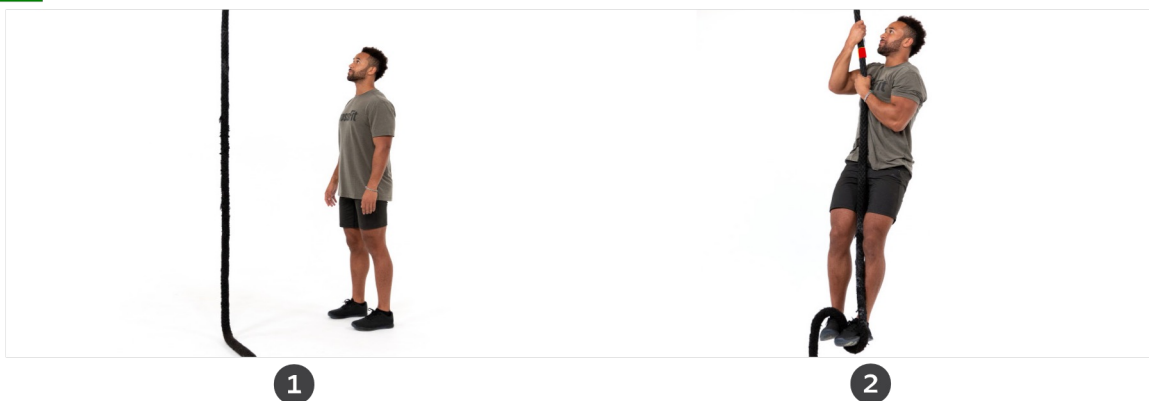
NOTES & FAQ

- Teams will get two scores for this Workout, One the Max Number of Calories and the other Reps for the the AMRAP Portion
- Workout Starts with at least one athlete behind the rower and the remaining of the athletes behind the starting lane
- Athletes can switch between exercises at anytime and distributed as they want the athletes between all workouts
- For the AMRAP portion, athletes can move the next movement after completion of the previous one.
- For the Rope climb athlete must safely return to the floor level before team can start with the Thrusters.
- All Erg-s machines will be set up at zero before the countdown.
- Athletes are allowed to change the damper at any time. Will be set at 10 for all machines as a default.
- For the Rowing Machine athletes can only start pulling once both feet are off the floor.
- Teams must complete the 5 burpees over the rower before the minute is finished. Failing to do so will stop the 1A part of the workouts. Score will be the number of calories accumulated till that moment.
- The Burpees over the rower must start at the top of the minute.
- Rowing and burpees can be performed by 2 different athletes, the only rule is no athlete can be seated or standing at the rowing during the performance of the burpees.
- There is a distance of approximately 30 meters between the rower and AMRAP lane.

MOVEMENT STANDARDS

ROPE CLIMB

REQUIREMENTS



1. Each rep starts with both feet on the ground.
 - Any style of climbing is permitted.
 - The athlete may jump into the rope climb.
2. The rep is credited when one hand clearly touches above the designated mark.
 - There are no requirements during the descent of the climb.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Not clearly touching above the designated mark.

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.

BURPEES TO TARGET

- The Set starts with both Athletes standing.
- Both athletes need to perform a Burpee with Chest and legs clearly touching the floor
- Jumping/ Stepping Down and Up is allowed
- The rep finishes with both athletes touching with both hands at the same time the pull up bar
- Synchronization between the two athletes is on the top of the movement: 4 hands need to touch at the same time

BURPEES OVER ROWER

- The Set starts with Athlete standing.
- Jumping/ Stepping Down and Up is allowed
- Rower cannot be touched in any part of the rep.
- Stepping over the rower is not allowed.

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QUALIFYING EVENT



SCORE CARD: FITNESS

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	Rope Climb	Thrusters	Burpees To Target
ROUND 1	1	13	25
ROUND 2	26	38	50
ROUND 3	51	63	75
ROUND 4	76	88	100
ROUND 5	101	113	125
ROUND 6	126	138	150
ROUND 7	151	163	175
ROUND 8	176	188	200
ROUND 9	201	213	225
ROUND 10	226	238	250
ROUND 11	251	263	275
ROUND 12	276	288	300
ROUND 13	301	313	325
ROUND 14	326	338	350
ROUND 15	351	363	375
TOTAL AMRAP REPS			
TOTAL CAL ROWS			

TEAM NAME: _____ CAT: _____

SCORE 1A: _____ REPS

SCORE 1B: _____ CAL

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____

EVENT 1

TEAM NAME: _____ CAT: _____ SCORE 1A: _____ REPS / SCORE 1B: _____ CAL

JUDGE NAME: _____ Team Captain Signature: _____

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

Judge Signature: _____