



# QUALIFIER WORKOUT 1 – ONE TEAM OR NO TEAM

Two part workout: Part A - EMOM (6 min) | Part B - For Time (Time Cap 14 min)

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**A**

**ELITE**

**RX**

**ADVANCED**

**SCALED/JR**

**EMOM:  
00:00 – 06:00**

**EMOM:  
00:00 – 06:00**

**EMOM:  
00:00 – 06:00**

**EMOM:  
00:00 – 06:00**

**1 RM BACK SQUAT  
ATHLETE A ODD MINUTES  
ATHLETE B EVEN MINUTES**

**1 RM BACK SQUAT  
ATHLETE A ODD MINUTES  
ATHLETE B EVEN MINUTES**

**1 RM BACK SQUAT  
ATHLETE A ODD MINUTES  
ATHLETE B EVEN MINUTES**

**1 RM BACK SQUAT  
ATHLETE A ODD MINUTES  
ATHLETE B EVEN MINUTES**

**B**

**06:00 – 08:00 REST**

**06:00 – 08:00 REST**

**06:00 – 08:00 REST**

**06:00 – 08:00 REST**

**FOR TIME:  
08:00 – 22:00**

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08:00 – 22:00**

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**50 BAR MUSCLE UPS  
100 BOX JUMP OVERS  
150 WALL BALLS 9/6 KG**

**50 CHEST 2 BAR PULL UPS  
100 BOX JUMP OVERS  
150 WALL BALLS 9/6 KG**

**50 PULL UPS  
100 BOX JUMP OVERS  
150 WALL BALLS 9/6 KG**

**50 RING ROWS  
100 STEP OVERS  
150 WALL BALLS 9/6 KG**

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*For this workout, use a running clock from 0 to 22 minutes. The athletes starts standing in an upright position not touching any bars. At the call of 3,2,1 go, the athletes may start the work out.*

**PART A** *is a 6 min EMOM to find a 1 RM Back Squat for both Athletes. Each Athlete has 3 attempts total. At the call of 3-2-1 GO Athlete A has 1 minute to perform a 1 RM Back Squat. At 01:00 Athlete B may perform a 1 RM Back Squat, and so on until both Athletes performed a maximum of 3 attempts. Only 1 attempt per minute is allowed.*

*Once the clock hits 06:00 there will be 2 minutes rest.*

**PART B** *starts when the clock shows 08:00. Both athletes may start with 50 Bar Muscle Ups/Chest 2 Bar Pull Ups/ Pull Ups/ Ring Row, depending on their category. The athletes are free to divide the repetitions within their team. Once these are completed, the team may move on to 100 Box Jump Overs (Step Overs for Scaled). Once completed, the team may finish by perform 150 Wall Balls.*

*This workout has two scores. **Score 1A** is the combined KG weight of both highest successful attempts of the 1RM Back Squat of both Athletes. **Score 1B** is the time to complete the workout or the number of reps in the 22 min time period.*

*Score uploads need to be finalized before March 25 23:59H in Competition Corner. From your profile you can appoint a judge to become your validator. He/she needs to validate your score and has untill March 25 23:59H to do so. We recommend this to be for instance the coach from your own box.*

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## BACK SQUAT

*The squat must be performed from the squat stands or power rack. The bar must be placed on the back and walked out to clear the rack completely. No contact with the rack is permitted until the bar is placed back in the rack. Once the bar is lowered, the stance cannot change until the movement is completed. The starting position must be completely upright, with the knees and the hips fully extended and with the chest up. The hips are lowered until the top surfaces of both of the legs at the hip joint are lower than the knees, and then the bar is lifted back up. The finish position is the same as the starting position, and the athlete must return to it before the bar is racked. When the finish position is secure, the bar must be placed back into the rack for the attempt to be successful.*

## BAR MUSCLE UP

*The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. The athlete must pass through some portion of a dip before locking out over the bar. The rep is credited when: the athlete's arms are fully locked out in the support position above the bar; and the athlete's shoulders are over or slightly in front of the bar. Only the hands, and no other part of the arm, may touch the bar during the rep. Removing the hands in the support position is not allowed. At lockout, only the arms may support the athlete's weight. Only one Athlete may touch the pull up bar at a time.*

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## CHEST 2 BAR PULLUP

*This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with both feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar. Only one Athlete may touch the pull up bar at a time.*

## PULL UP

*This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as the requirements are met. The arms must be fully extended at the bottom, with both feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar. Athletes may wear hand protection. Only one Athlete may touch the pull up bar at a time.*

## RING ROWS

*The lowest part of the ring has to be adjusted to sternum height (lowest part of your chest-bone). Mark a tape on the vertical plane of the bar/spot where the rings are hanging on. During the movement, the athlete's heels are completely placed over the taped area. The athlete holds the rings in full grip and is extended in the knees, hips and elbows. The rep is counted when the athlete touches the chest with the back of his thumbs or a part of the rings and when the knees, hips and elbows remain fully extended. Only one Athlete may touch the pull up bar at a time.*

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## BOX JUMP OVER

*The athlete starts with both feet on the ground on one side of the box. Do NOT angle the box and jump or step up on the corner. A lateral jump over the box (starting with the feet parallel to the box) IS permitted. A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete must step off to the other side. Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required. There is no requirement to stand tall while on top of the box.*

*\* All scaled divisions and may step up. Both feet MUST touch the top of the box if stepping up and over. Athletes MUST step down from the box for the rep to count. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep.*

## WALL BALL SHOTS

*For the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is a no rep. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted. Athletes may use their own ball. Athletes catch their own ball. Wall Ball target for men is 300cm. Wall Ball target for women is 270cm.*

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## GENERAL RULES

- *In mixed teams, women begin*
- *Tape/ grips/ wraps are allowed*
- *Straps are not allowed*
- *Each athlete may use 1 bar. (20 kg for men, 15 kg for women)*
- *Athletes may help each other. No other help is allowed.*
- *Safety first. Clips on all bars*
- *Questions? Send us an email at [info@arenathrowdown.com](mailto:info@arenathrowdown.com)*