Rx'd Workout

On a 20-minute clock, for max reps/pounds:
Partner 1:
  0:00-2:00 Handstand push-ups
  2:00-4:00 Rest
  4:00-6:00 Double-unders
  6:00-8:00 Rest
  8:00-10:00 1-rep-max back squat
Then, Partner 2:
  10:00-12:00 1-rep-max back squat
  12:00-14:00 Rest
  14:00-16:00 Double-unders
  16:00-18:00 Rest
  18:00-20:00 Handstand push-ups

Scaled Workout

On a 20-minute clock, for max reps/pounds:
Partner 1:
  0:00-2:00 Hand-release push-ups
  2:00-4:00 Rest
  4:00-6:00 Single-unders
  6:00-8:00 Rest
  8:00-10:00 1-rep-max back squat
Then, Partner 2:
  10:00-12:00 1-rep-max back squat
  12:00-14:00 Rest
  14:00-16:00 Single-unders
  16:00-18:00 Rest
  18:00-20:00 Hand-release push-ups

Tiebreak: None

Equipment

- Barbell
- Plates to load for your max back squat (no smaller than ½ lb.)
- Collars
- Rack
- Jump rope
- A wall mark and floor marks for the handstand push-ups

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.

Description

Prior to starting this workout, each athlete will need to create a station to perform handstand push-ups. This is a 20-minute workout, with the first athlete working during the first 10 minutes, and the second athlete working during the second 10 minutes. This workout begins with the first athlete standing tall. At the call of "3, 2, 1... go!" the athlete will kick up to the wall and complete as many handstand push-ups as possible before the clock reaches 2:00. They will then rest until the clock reaches 4:00. From 4:00-6:00, they will complete as many double-unders as possible. They will rest until the clock reaches 8:00, at which point they will have until 10:00 to find a 1-rep-max back squat. Plates smaller than 1⁄2 lb. may not be used. There is no limit to the number of attempts within the 2-minute time window.

The second athlete will perform the same exercises as the first athlete but in the opposite order: back squat from 10:00-12:00, double-under from 14:00-16:00 and handstand push-up from 18:00-20:00.

The team's score is the sum of all the reps completed during the handstand push-ups and double-unders, and the weight in lbs. of the heaviest squat from each athlete. For example, if Athlete 1 completes 40 handstand push-ups, 160 double-unders and a max squat of 350 lb., and Athlete 2 completes 35 handstand push-ups, 175 double-unders and a 250-lb. squat, the team's score will be 1,010.

Video Submission Standards

Teams opting to have their score validated by video submission are still required to use an on-site judge. Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring of the height, width and depth of the handstand push-up markers so all measurements can be seen clearly. 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. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Movement Standards

Handstand Push-up

Prior to starting, the athlete will need to establish the foot line on the wall and measure a box on the floor for the handstand push-up. For the foot line, the athlete will stand facing the wall on the same surface the hands will be on, with feet at hip width and toes touching the wall. While standing tall, the athlete will reach their hands over their head with elbows locked out, shoulders extended and thumbs touching.
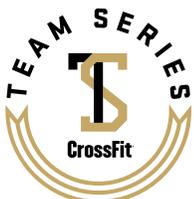

From here, mark the height of the athlete's wrists, then measure down 3 inches and create a line on the wall.

Mark the foot line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.

Additionally, a 36-inch wide and 24-inch deep box must be marked on the floor.

Movement Standards

Handstand Push-up

Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked foot line. The palm of the hands must remain inside the pre-marked box on the ground throughout the entire rep.


At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the duration of movement, but must touch above the line at the beginning and end of each rep. While the palm of the hands must stay within the width of the box marked on the ground, the fingers may extend past the line. Kipping is allowed.

Double-Unders

This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.
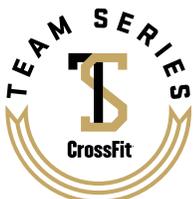
Movement Standards

Back Squat

Prior to each attempt the athlete must state the weight on the bar. At the bottom of the squat, the hip crease must pass below the knees.

At the top, hips and knees must be fully extended. Racks are permitted. Only one barbell may be used for both partners. Partners can assist each other with loading the bar but not with racking and unracking. For safety, spotting is permitted. However if the spotter assists the lifter in any way, the rep will not count.

Hand-Release Push-up (Scaled only)

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.

At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

Movement Standards

Single-Unders (Scaled only)

This is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

PALEOETHICS

17:00 PT Wed., Sept. 27 through 17:00 PT Mon., Oct. 2, 2017

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  16:00-18:00 Rest
  18:00-20:00 Hand-release push-ups

Tiebreak: None

Scorecard   ☐ Rx'd   ☐ Scaled

Athlete 1 _____
Print

0:00 - 2:00	Handstand Push-up		(Segment 1) Reps
4:00 - 6:00	Double-unders		(Segment 2) Reps
8:00 - 10:00	1 RM Squat		(Segment 3) Pounds

Athlete 2 _____
Print

10:00 - 12:00	1 RM Squat		(Segment 4) Pounds
14:00 - 16:00	Double-unders		(Segment 5) Reps
18:00 - 20:00	Handstand Push-up		(Segment 6) Reps

Total Reps: _____

Workout Location _____   **Judge** _____   Has judge passed CrossFit's Online Judges Course?   Y / N
Name of Affiliate   Judge Name

I confirm the information above accurately represents our team's performance for this event _____
Team Captain Signature   Date

Affiliate Copy

- -

Team Copy

☐ Rx'd   ☐ Scaled

Athlete 1 _____ **HSPU** _____ **DU** _____ **Squat** _____
Print   Segment 1   Segment 2   Segment 3

Athlete 2 _____ **Squat** _____ **DU** _____ **HSPU** _____
Print   Segment 4   Segment 5   Segment 6

Total Reps: _____

Workout Location _____   **Judge** _____   Has judge passed CrossFit's Online Judges Course?   Y / N
Name of Affiliate   Judge Name

I confirm the information above accurately represents the team's performance for this event _____
Judge Signature   Date