

## WORKOUT 1

For time:

30 dumbbell front squats (M1) + 3 handstand walks (F1)  
30 dumbbell front squats (F1) + 3 handstand walks (M1)  
30 dumbbell front squats (M2) + 3 handstand walks (F2)  
30 dumbbell front squats (F2) + 3 handstand walks (M2)

Then,

4 dumbbell front-rack lunge lengths (M1) + 3 handstand walks (F1)  
4 dumbbell front-rack lunge lengths (F1) + 3 handstand walks (M1)  
4 dumbbell front-rack lunge lengths (M2) + 3 handstand walks (F2)  
4 dumbbell front-rack lunge lengths (F2) + 3 handstand walks (M2)

Then,

30 single-leg squats (M1) + 3 handstand walks (F1)  
30 single-leg squats (F1) + 3 handstand walks (M1)  
30 single-leg squats (M2) + 3 handstand walks (F2)  
30 single-leg squats (F2) + 3 handstand walks (M2)

♀ 2 x 35-lb dumbbells

♂ 2 x 50-lb dumbbells

1 handstand walk/dumbbell lunge length = 25 ft

Time cap: 20 minutes

## NOTES

Prior to starting the workout, set up the competition floor as shown. **Note: The handstand walks will always begin on the far side of the competition floor opposite the start line.**

This workout begins with all four athletes standing behind the start line. After "3, 2, 1 ... go," the first male athlete begins 30 dumbbell front squats while the first female athlete runs to the opposite side, kicks up behind the line, and begins her handstand walk (3 lengths of the competition floor). If one athlete finishes ahead of the other, they must wait on the dumbbell side of the competition floor until the second athlete completes their work. When both are finished, the female athlete completes 30 dumbbell front squats, while the male athlete runs to the opposite side to kick up and complete his handstand walk (3 lengths). When both athletes have completed their work and are back over the line with the rest of their team, the second pair will begin the same work.

When the second pair completes the dumbbell front squats and handstand walks, the team will work through the dumbbell front-rack walking lunges (4 lengths of the competition floor) and handstand walks, followed by the single-leg squats and handstand walks in the same format. Time stops when the second pair completes the

single-leg squats and handstand walks and both athletes are back over the starting line with the rest of the team.

The team's score is the total time taken to complete the workout.

## TIEBREAK

The time should be recorded when both pairs have completed the dumbbell front squats + handstand walks and again when both pairs have completed the dumbbell front-rack walking lunges + handstand walks. These times may be used in the event of a tie.

In the case of a tie (i.e., teams complete the same number of reps), the team with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

## EQUIPMENT

- Tape to mark the floor
- Dumbbells of appropriate weight for each pair.\*
- 2 judges are required for this workout
  - 1 to judge the handstand walk
  - 1 to judge all other movements

Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

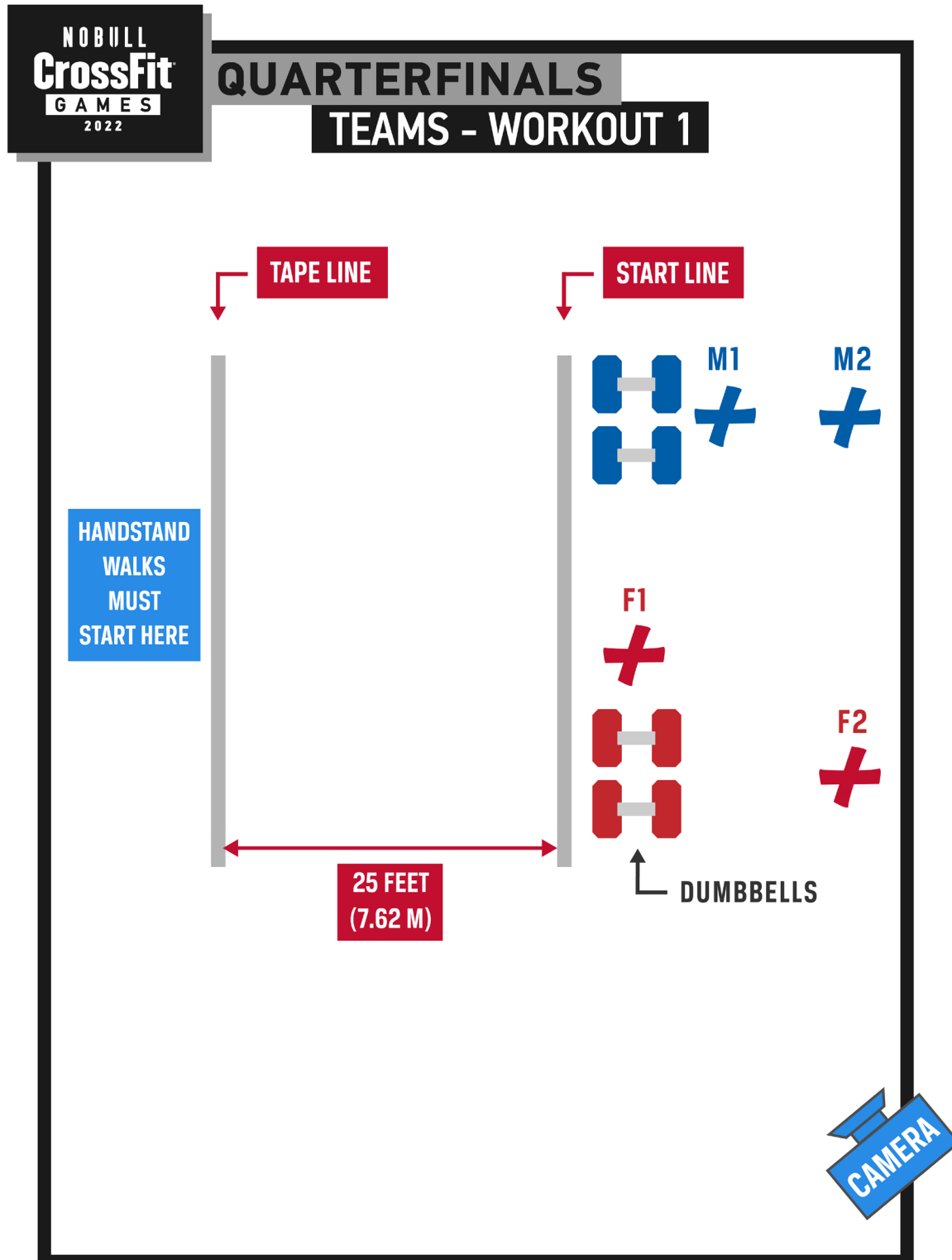
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb) and 15 kg (35 lb).

For each workout, be sure the athletes have 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. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

## VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a  $\frac{3}{4}$  view of the athletes during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athletes.



## MOVEMENT STANDARDS

### DUMBBELL FRONT SQUAT



- All repetitions must be performed behind the start line.
- Each set of dumbbell front squats begins with dumbbells on the ground.
- Though not required, the athlete may begin any repetition taken from the floor with a squat clean, as long as all other standards are met.
- The dumbbells must remain at the shoulders.
- The dumbbells may not touch each other or rest against the athlete's head.
- A full grip around the handle of the dumbbell must be maintained for the duration of the squat.



- Resting the head of the dumbbells on the shoulders is allowed.
- Resting the handle of the dumbbell or the hands directly on the shoulder is **NOT** allowed.
- Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is **NOT** allowed.
- The athlete must reach the finish position of a repetition before lowering the dumbbells from the shoulders.



- The crease of the athlete's hip must be clearly below the top of the knees at the bottom.



- The rep is credited when the athlete's hips and knees reach full extension while the dumbbells are supported in the front-rack position.
- Athletes may **NOT** receive assistance moving or resetting the dumbbells.
- The female athlete may not pick up the dumbbells until the male athlete has finished his final repetition.

## MOVEMENT STANDARDS

### DUMBBELL FRONT-RACK WALKING LUNGE



- The athlete must start each length with both feet clearly behind the line.
- Each lunge begins with the dumbbells at the shoulders, feet together, and hips and legs extended.
- The dumbbells must remain at the shoulders.
- The dumbbells may not touch each other or rest against the athlete's head.
- A full grip around the handle of the dumbbell must be maintained for the duration of the squat.



- The trailing knee must make contact with the ground at the bottom of each lunge before the athlete returns to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Shuffle steps that advance the athlete forward between reps are not allowed.



- Resting the head of the dumbbells on the shoulders is allowed.
- Resting the handle of the dumbbell or the hands directly on the shoulder is **NOT** allowed.
- Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is **NOT** allowed.
- The athlete must reach the finish position of a repetition before lowering the dumbbells from the shoulders.



- Each length of the 25-ft (7.62-m) measured distance will be considered 1 rep.
- The rep is credited when:
  - both heels are past the line (touching the line will not count),
  - the feet are together, and
  - the hips and legs are fully extended.
- The athlete must reach the finish position before lowering the dumbbells from the shoulders.
- If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep, or not keeping the dumbbells at the shoulders for the duration of the rep, the athlete must return behind the line and repeat the entire length.
- The female athlete may not pick up the dumbbells until the male athlete has crossed the line and finished his final repetition.

## MOVEMENT STANDARDS

### ALTERNATING SINGLE-LEG SQUAT



- All repetitions must be performed behind the start line.
- Each rep begins with the hips and knee extended on the working leg.
- The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.
- Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.
- Athletes **MAY** hold on to the non-working leg.



- The hip crease must pass below the top of the knee on the working leg.
- If any part of the athlete's body other than the working foot touches the floor before lockout, the rep will not count.



- The rep is credited when the athlete reaches full hip and knee extension with the working leg while the non-working leg is clearly off the ground.
- Athletes must alternate legs after every successful rep.
- Athletes must complete a successful rep on one side before beginning a rep on the other.
- The female athlete may not begin performing single-leg squats until the male athlete has finished his final repetition.

## MOVEMENT STANDARDS

### HANDSTAND WALK



- When kicking up, the hands (including the fingers) must be placed on the ground **BEHIND** the line.



- Placing the hands or fingers on or over the line when kicking up constitutes a no rep.



- Each length of the 25-ft (7.62-m) measured distance will count as 1 rep.
- Both hands, including palms and fingers, must touch the ground completely clear of the line marking the end of the length before the feet touch the ground.
- If at any time the athlete comes down from their hands before finishing the length, they must repeat the entire length.
- Athletes are not required to kick down after completing a segment.
- The male athlete may not begin to handstand walk until the female athlete has finished her final portion.



[Get more mobile and perform at your best for the Quarterfinals. 14-day FREE TRIAL.](#)

**WORKOUT 1**

For time:

30 dumbbell front squats (M1) +  
3 handstand walks (F1)  
30 dumbbell front squats (F1) +  
3 handstand walks (M1)  
30 dumbbell front squats (M2) +  
3 handstand walks (F2)  
30 dumbbell front squats (F2) +  
3 handstand walks (M2)

Then,

4 dumbbell front-rack lunge lengths (M1) +  
3 handstand-walks (F1)  
4 dumbbell front-rack lunge lengths (F1) +  
3 handstand-walks (M1)  
4 dumbbell front-rack lunge lengths (M2) +  
3 handstand-walks (F2)  
4 dumbbell front-rack lunge lengths (F2) +  
3 handstand-walks (M2)

Then,

30 single-leg squats (M1) +  
3 handstand walks (F1)  
30 single-leg squats (F1) +  
3 handstand walks (M1)  
30 single-leg squats (M2) +  
3 handstand walks (F2)  
30 single-leg squats (F2) +  
3 handstand walks (M2)

♀ 2 x 35-lb dumbbells

♂ 2 x 50-lb dumbbells

1 handstand walk/dumbbell lunge length =  
25 ft

Time cap: 20 minutes

JUDGE 1		JUDGE 2	
30 DUMBBELL FRONT SQUATS		3 HANDSTAND WALKS	
M1	30	F1	33
SWITCH			
F1	63	M1	66
ROTATE PAIRS			
M2	96	F2	99
SWITCH			
F2	129	M2	132
THEN		TIME	
4 DB FRONT-RACK LUNGE LENGTHS		3 HANDSTAND WALKS	
M1	136	F1	139
SWITCH			
F1	143	M1	146
ROTATE PAIRS			
M2	150	F2	153
SWITCH			
F2	157	M2	160
THEN		TIME	
30 SINGLE-LEG SQUATS		3 HANDSTAND WALKS	
M1	190	F1	193
SWITCH			
F1	223	M1	226
ROTATE PAIRS			
M2	256	F2	259
SWITCH			
F2	289	M2	292

Team Name \_\_\_\_\_  
Print

Time or Reps at 20 Min. \_\_\_\_\_

Affiliate \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

Tiebreak Time \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Athlete Signature Date

Athlete Copy

**QUARTERFINALS - TEAMS - WORKOUT 1**

Time or Reps at 20 Min. \_\_\_\_\_

Team Name \_\_\_\_\_  
Print

Tiebreak Time \_\_\_\_\_

Affiliate \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
Judge Signature Date