

## WORKOUT 1

For time:

300-m row  
30 bench presses  
600-m row  
20 bench presses  
1,200-m row  
10 bench presses

♀ 85 lb

♂ 135 lb

Time cap: 30 minutes

## NOTES

Prior to starting the workout, set up the floor plan as shown. The camera must be placed by the rower with the monitor clearly visible. If the monitor is not visible, your submission may be invalidated. The bench press setup must also be clearly visible in the background. **Take a short video to test and review your setup BEFORE you start the workout so you can verify the monitor is clearly visible.**

Begin the workout seated on the rower with your hands off the paddle. After the call of "3, 2, 1 ... go," begin rowing. Once the rower reads at least 300 m, move to the bench press and complete 30 reps. Then, row 600 m before returning to the bench for 20 reps. Finally, complete a 1,200-m row and 10 bench presses. Time stops when you reach lockout on the final bench press.

Your score will be the total time taken to complete the workout. In the event of a time cap, your score will be the total number of repetitions completed at the 30-minute mark. There is no tiebreak for this workout.

**Note:** If you reach the time cap on the rower, each 150 m will count as 1 repetition.

**After the workout is complete, walk to the camera and state the password BEFORE moving or turning off the camera.**

## EQUIPMENT

- Concept2 rower
- Barbell and plates of appropriate weight\*
- Collars
- Squat rack
- Flat bench

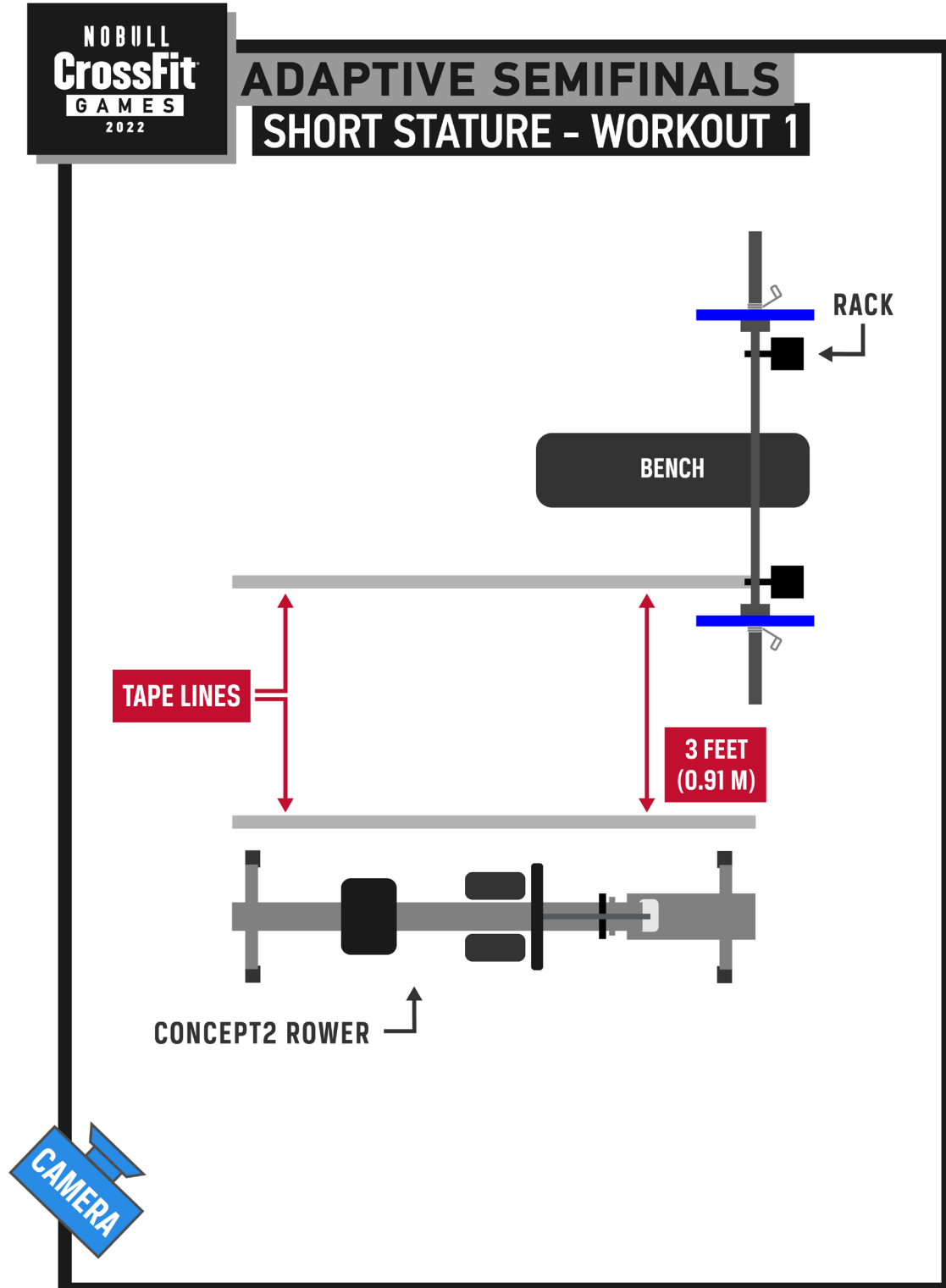
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 38 kg (85 lb) and 61 kg (135 lb).

Be sure you 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, you may not receive assistance with your 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 athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (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 athlete.
- After the workout is complete, **STATE THE PASSWORD** before turning off or moving the camera.



**MOVEMENT STANDARDS**

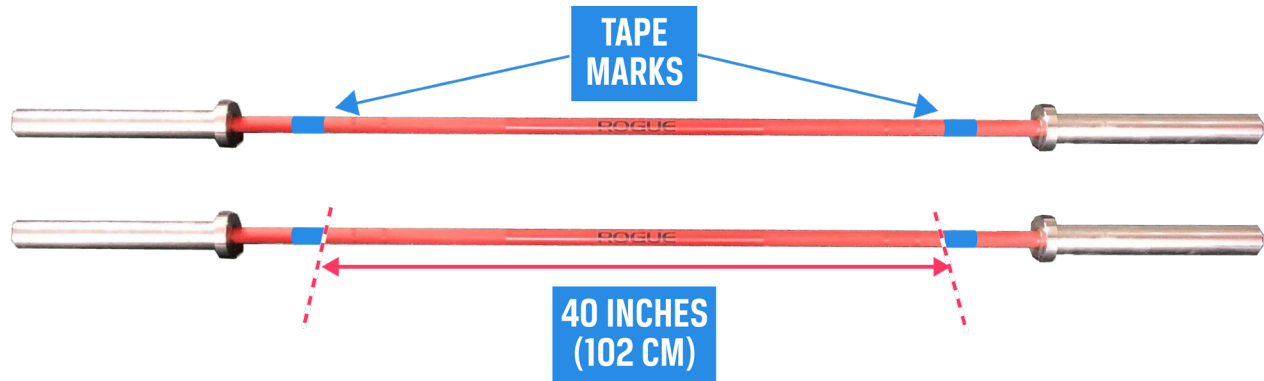
**ROW**



- Use a Concept2 rower.
- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to zero at the beginning of each row.
- You may receive assistance resetting the rower between rounds.
- Start seated on the rower with your hands off the paddle until after the call of "3, 2, 1 ... go."
- You must stay seated on the rower with your hands on the paddle until the monitor reads the designated distance during each round.

## MOVEMENT STANDARDS

### BENCH PRESS



- You may use any available flat bench.
- You may place bumper plates under your feet.
- You may **NOT** floor press or use a bench with any incline or decline.
- Athletic tape on the bar must be used to establish a 40-in (102-cm) width.
- No part of your hands may be wider than 40 in (102 cm).
- If any part of your hands makes contact with the tape at any point, the attempt will not count.
- You must use a standard, pronated grip. Your thumb must be wrapped around the bar.
- Collars **MUST** be placed outside the plates during all attempts.



- Each rep starts with full extension of the arms.
- Before lowering, you must pause with your arms clearly extended and the bar over your torso.
- A spotter may **NOT** be used to assist with a lift out of the rack.
- Your feet must remain on the floor (or bumper plates) throughout the entire movement.
- Your shoulders and buttocks must remain in contact with the bench throughout the movement.
- During the lift, if your feet come off the floor (or bumper plates) at any point, or your shoulders and/or buttocks come off the bench, the rep will not count.

MOVEMENT STANDARDS

BENCH PRESS (CONTINUED)



- The bar must make contact with any part of the torso at the bottom.
- You may **NOT** pause or rest with the bar on your torso.



- The rep counts when your arms return to full extension (to the extent that you are able) with the bar over your torso.
- You must pause briefly with the bar at full extension before reracking the bar.
- If a spotter touches you or the bar at any point, it is an immediate no rep and the bar must be returned to the rack.



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<b>300-M ROW</b>	EVERY 150 METERS = 1 REP	2
<b>30 BENCH PRESSES</b>		32
<b>600-M ROW</b>	EVERY 150 METERS = 1 REP	36
<b>20 BENCH PRESSES</b>		56
<b>1,200-M ROW</b>	EVERY 150 METERS = 1 REP	64
<b>10 BENCH PRESSES</b>		74

**Athlete Name** \_\_\_\_\_  
Print

**Time or Reps at 30 Min.** \_\_\_\_\_

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

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

Athlete Copy

## SEMIFINALS - SHORT STATURE - WORKOUT 1

**Athlete Name** \_\_\_\_\_  
Print

**Time or Reps at 30 Min.** \_\_\_\_\_

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

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