



WORKOUT 18.1

12min EMDM for Reps of:

- CAL ROW
- PULL UPS
- DOUBLE UNDER
- DB SNATCH

VARIATIONS

HERO/WARRIOR 35-54 **HERO 55+**
M 22.5KG F 15KG M 15kg F 10kg

WARRIOR 55+
M 15kg F 10kg / Jumping Pull Ups

SOLDIER 35-54 **SOLDIER 55+**
M 15kg F 10kg M 10kg F 5kg
Single Skips Single Skips
Jumping Pull Ups Jumping Pull Ups

EQUIPMENT

- Concept 2 Rower
- Pull Up Bar
- Skipping Rope
- Dumbbell of appropriate weight for your division

NOTES

This workout begins with the athlete on the rower and the rower set to zero calories.

At 3:21, go, the athlete will have 1 minute to accumulate as many calories as possible in the minute.

At the end of the first minute, the athlete will move to the Pull Up bar and complete as many reps as possible in the minute.

At the end of the second minute, the athlete will then move to the Double Unders and complete as many reps as possible in the minute.

At the end of the third minute, the athlete will move to the Dumbbell and complete as many reps as possible in the minute.

This order will continue for 12minutes.

MOVEMENT STANDARDS

ROW:

The monitor on the rower must be set to zero at the beginning of each row.

PULL UP:

This is a standard chin-over-bar pull-up.
Dead hang, kipping or butterfly pull-ups are allowed.
The arms must be fully extended at the bottom, with the feet off the ground.
At the top of the movement, the chin must break the horizontal plane of the bar.

JUMPING PULL UP:

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.
At the bottom, the arms must be fully extended.
At the top, the chin must break the horizontal plane of the bar.

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.

SINGLE SKIPS:

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.

DUMBBELL SNATCH:

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead.
At the bottom of the movement, BOTH heads of the dumbbell must touch the ground.
The dumbbell must be lifted overhead in one motion.
Touch and go is permitted.
Bouncing the dumbbell is not allowed.
Athletes must alternate arms after each repetition.
The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep.
The non-lifting hand and arm may not be in contact with the body during the repetition.
If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.
At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count.
The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



ML 18.1 SCORECARD

Presented by



WORKOUT 18.1

12min EMDM for Reps of:

CAL ROW

PULL UPS

DOUBLE UNDER

DB SNATCH

ROUND	CAL ROW	PULL UPS	DOUBLE UNDERS	DB SNATCH
1				
2				
3				

VARIATIONS

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HERO 55+

M 15kg F 10kg

WARRIOR 55+

M 15kg F 10kg / Jumping Pull Ups

SOLDIER 35-54

M 15kg F 10kg / Single Skips / Jumping Pull Ups

SOLDIER 55+

M 10kg F 5kg / Single Skips / Jumping Pull Ups

ATHLETE NAME _____

TOTAL REPS _____

35-39 40-44 45-49 50-54 55-59 60+

HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

INITIAL _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT

SIGNATURE _____

DATE _____

ATHLETE NAME _____

TOTAL REPS _____

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HERO WARRIOR SOLDIER

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