



For Athletes in their Prime

# STANDARDS

## ML 21.1

## WOD - 1

**ML 21.1**

**WOD - 1**

**'DIRTY ROWER'**

**FOR TIME**

**20 CLEAN & JERKS**

**1KM ROW**

**15 CLEAN & JERKS**

**750M ROW**

**10 CLEAN & JERKS**

**500M ROW**

### MOVEMENT STANDARDS

#### CLEAN & JERK:

For every rep the Barbell must start on the ground.

The rep will be completed when the Barbell is locked out overhead with hips, knees and arms fully extended and with feet fully in line under the bar.

Power clean and squat clean are acceptable.

Strict press, push press, push jerk and split jerk are allowed.

#### ROW:

The monitor on the rower must be set to zero at the beginning of each row and the athletes feet locked in.

### EQUIPMENT

- Concept 2 Rower
- Barbell
- Collars
- Appropriate weight for your division/category

### NOTES

### VARIATIONS

#### HERO

**35-49**  
M 60kg F 45kg

**50-59**  
M 55kg F 40kg

**60-69**  
M 50kg F 35kg

**70+**  
M 45kg F 30kg

#### WARRIOR

**35-49**  
M 50kg F 35kg

**50-59**  
M 45kg F 30kg

**60-69**  
M 40kg F 25kg

**70+**  
M 35kg F 20kg

#### SOLDIER

**35-49**  
M 40kg F 25kg

**50-59**  
M 40kg F 25kg

**60-69**  
M 30kg F 20kg

**70+**  
M 30kg F 15kg



# SCORECARD

**ML 21.1**

**WOD - 1**

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**WOD - 1**

**'DIRTY ROWER'**

**FOR TIME**

**20 CLEAN & JERKS**

**1KM ROW**

**15 CLEAN & JERKS**

**750M ROW**

**10 CLEAN & JERKS**

**500M ROW**

**'DIRTY ROWER'**

<b>20 CLEAN &amp; JERK</b>	5	10	15	20
<b>1KM ROW</b>				
<b>15 CLEAN &amp; JERK</b>	5	10	15	
<b>750m ROW</b>				
<b>10 CLEAN &amp; JERK</b>		5	10	
<b>500M ROW</b>				
<b>TIME:</b>				

**ATHLETE NAME** \_\_\_\_\_ **SCORE** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60+**  **HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_ **JUDGE NAME** \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 21.1

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**ATHLETE NAME** \_\_\_\_\_ **SCORE** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60+**  **HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_ **JUDGE NAME** \_\_\_\_\_

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