



For Athletes in their Prime

# STANDARDS



## ML 22.1

ML 22.1

WOD - 1

**'ANTONIO'**

**FOR TIME**

**7 ROUNDS**

30 Double Under/60 Single Skips

3 Snatch (any)

3 Bar Facing Burpees

**TIE BREAK TIME AT THE END OF THE 4<sup>TH</sup> ROUND**

### EQUIPMENT

- Jump Rope
- Barbell
- Plates (According to Division)
- Collars

### MOVEMENT STANDARDS

#### DOUBLE UNDER (DU):

The rep starts with rope on the ground. On 3,2,1 GO, the athlete may then pick up their rope, your jump rope must pass under your feet twice each time.

#### SNATCH:

The barbell begins on the ground. Touch-and-go is permitted. No bouncing. If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. The athlete may choose to do muscle snatch, power snatch, squat snatch or split snatch, however, both feet must return and be in line under the athlete's body while the barbell is locked out overhead for the repetition to count.

#### BAR FACING BURPEES:

- Must use a barbell with 18-inch plates. • Must be performed perpendicular to and facing the barbell
- May jump or step back to reach the bottom position. • Chest and thighs must touch the ground with the head behind the barbell. Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.
- Must jump over the barbell using a two-foot takeoff. Touching the bar, single-legged jumping, or stepping over is not permitted.
- **All Soldier age groups and 60+ athletes from Hero & Warrior divisions may step over the bar.**
- The rep is credited when both feet have touched the ground on the opposite side of the barbell. • No need to land with both feet at the same time. • Must be perpendicular to and facing the barbell before starting the next rep. • If a "no rep" is received for any reason, the entire rep must be repeated.

### VARIATIONS

#### HERO

**35-49**

**M 60 F 40**

DU

**50-59**

**M 50 F 35**

DU

**60-64**

**M 40 F 30**

DU

**65+**

**M 35 F 25**

DU

#### WARRIOR

**35-49**

**M 50 F 35**

DU

**50-59**

**M 40 F 30**

DU

**60-64**

**M 35 F 25**

DU

**65+**

**M 30 F 20**

DU

#### SOLDIER

**35-49**

**M 40 F 30**

Single Skips

**50-59**

**M 35 F 25**

Single Skips

**60-64**

**M 30 F 20**

Single Skips

**65+**

**M 25 F 15**

Single Skips



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# SCORECARD

## ML 22.1



ML 22.1

WOD - 1

**'ANTONIO'**

**FOR TIME**

**7 ROUNDS**

30 Double Under/60

Single Skips

3 Snatch (any)

3 Bar Facing Burpees

**TIE BREAK TIME AT THE  
END OF THE 4<sup>TH</sup> ROUND**

**'ANTONIO'**

	RND 1	RND 2	RND 3	RND 4	<b>TIE BREAK TIME</b>	RND 5	RND 6	RND 7
<b>30 DU/60 SINGLE SKIPS</b>	30/60	30/60	30/60	30/60		30/60	30/60	30/60
<b>3 SNATCH</b>	3	3	3	3		3	3	3
<b>3 BAR FACING BURPEES</b>	3	3	3	3		3	3	3
<b>TIME:</b>								

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

**TIME** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60-64**  **65+**

**HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_

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

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR  
WORKOUT ML 22.1

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

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

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

**TIME** \_\_\_\_\_

**35-39**  **40-44**  **45-49**  **50-54**  **55-59**  **60-64**  **65+**

**HERO**  **WARRIOR**  **SOLDIER**

**STATE** \_\_\_\_\_

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

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