



For Athletes in their Prime

STANDARDS

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NC FITNESS

MLO 24.1

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WOD - 1

'THE RIEGS'

FOR TIME
6 ROUNDS

30 DOUBLE UNDERS
5 SHOULDER TO OVERHEAD
10 BOX JUMP OVERS
5 SHOULDER TO OVERHEAD

**TIEBREAK TIME IS WHEN YOU
HAVE COMPLETED THE 2ND ROUND.**

EQUIPMENT

- BARBELL M 20KG F 15KG
- WEIGHT PLATES
 - COLLARS
 - PLYO BOX
 - JUMP ROPE

NOTES

YOUR SCORE IS THE TIME YOU COMPLETED THE 6 ROUNDS

TIEBREAK TIME IS WHEN YOU HAVE COMPLETED THE 2ND ROUND.

VARIATIONS

HERO

35-49
M 60kg F 40kg
Box: M 24" F 20"
(Box Jump Over)
30 Double Under

50-59
M 50kg F 35kg
Box: M 24" F 20"
(Box Jump Over)
30 Double Under

60+
M 40kg F 30kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
30 Double Under

WARRIOR

35-49
M 60kg F 40kg
Box: M 24" F 20"
(Box Jump Over)
30 Double Under/90 Single Skips

50-59
M 50kg F 35kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
30 Double Under/90 Single Skips

60+
M 40kg F 30kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
30 Double Under/90 Single Skips

SOLDIER

35-49
M 50kg F 30kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
60 Single Skips

50-59
M 40kg F 25kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
60 Single Skips

60+
M 30kg F 20kg
Box: M 24" F 20"
(Box Jump Over/Step Over)
60 Single Skips



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MOVEMENT STANDARDS

DOUBLE UNDER (DU):

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

SINGLE SKIPS:

For scaled divisions, the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. You must jump with both feet at the same time during single skips.

BOX JUMP OVERS:

There is no requirement to stand tall while on top of the box. A two-foot take-off is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

BOX STEP UP & OVERS: - SOLDIERS 35-60+, WARRIOR 50+ and HERO 60+ ONLY

There is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box and then jump or step down on the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

SHOULDER TO OVERHEAD (S2OH):

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used as long as the elbow, shoulder, hips and knees fully extend, and the bar finishes directly over the heels with the feet together.

FLOW: On 3, 2, 1 GO, the athlete will begin their first round with 30 double unders, then 5 S2OH to then complete 10 box jump overs and another 5 S2OH.

You will continue this system for the next 5 rounds until all 6 rounds are complete.

Your score is the time you completed all 6 Rounds.



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SCORECARD

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WOD - 1

'THE RIEGS'

**FOR TIME
6 ROUNDS**

**30 DOUBLE UNDERS
5 SHOULDER TO OVERHEAD
10 BOX JUMP OVERS
5 SHOULDER TO OVERHEAD**

**TIEBREAK TIME IS WHEN YOU
HAVE COMPLETED THE 2ND
ROUND.**

	Hero: 30 DU Warrior: 30 DU/90 Single Skips Soldier: 60 Single Skips	Shoulder to Overhead	Box Jump Overs	Shoulder to Overhead
ROUND 1	30/60/90	5	10	5
ROUND 2	30/60/90	5	10	5
TIEBREAK TIME				
ROUND 3	30/60/90	5	10	5
ROUND 4	30/60/90	5	10	5
ROUND 5	30/60/90	5	10	5
ROUND 6	30/60/90	5	10	5

ATHLETE NAME/TEAM NAME _____

FOR 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 MLO 24.1

SIGNATURE _____

DATE _____

ATHLETE NAME/TEAM NAME _____

FOR TIME _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

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SIGNATURE _____

DATE _____