

"HOPSCOTCH"

FOR TIME:

PARTNER 1: 15-12-9

FRONT SQUATS

HEAVY ROPE DOUBLE UNDERS

CALORIES ECHO BIKE

THEN...

100 HEAVY ROPE DOUBLE UNDERS (SHARED, ONE ATHLETE WORKING AT A TIME)

THEN...

PARTNER 2: 9-12-15

FRONT SQUATS

HEAVY ROPE DOUBLE UNDERS

CALORIES ECHO BIKE

TIME CAP - 13:00

WEIGHTS/MOVEMENTS PER DIVISION

MEN: 15-12-9-9-12-15 REP SCHEME

WOMEN: 12-9-6-6-9-12 REP SCHEME

RX: BARBELL - 115LBS/85LBS

RX MASTERS: BARBELL - 95LBS/65LBS

INTERMEDIATE MASTERS: BARBELL - 75LBS/55LBS

NOVICE: BARBELL - 75LBS/55LBS | 2X HEAVY ROPE SINGLE UNDERS

NOVICE MASTERS: BARBELL - 75LBS/55LBS | 2X HEAVY ROPE SINGLE UNDERS

FLOW

This workout begins with athletes standing on the starting mat. At the call of 3,2,1, GO!... Athlete 1 will move on the competition floor and complete 15 Front Squats, 15 Heavy Rope Double Unders and 15 Echo Bike Calories. Once complete, the same athlete will perform 12 of each movement and then 9 of each movement. 15-12-9 will be the rep scheme for all male divisions. 12-9-6 will be the rep scheme for all female divisions. For Novice divisions, the Heavy Rope Single Unders will double, males will be 30-24-18, females will be 24-18-12.

Once athlete 1 completes the descending rep scheme, both athletes will move to the 100 Heavy Rope Double Unders. Novice divisions will perform 200 Heavy Rope Single Unders. These are shared reps, no minimum work requirement between the athletes. Only one athlete working at a time.

Once the team has accumulated the required amount of skips, athlete 2 will now begin an ascending rep scheme of 9-12-15 of Front Squats, Heavy Rope Double Unders and Echo Bike Calories. Once again, the rep scheme for all female divisions will be 6-9-12 and Novice divisions will perform double the amount of Heavy Rope Single Unders.

Time will be called when the team is on the finishing mat. If a team does not complete the reps under the given time cap, the score will be the total amount of reps completed within the time cap.

GENERAL/EQUIPMENT STANDARDS

- During the Front Squats the athlete and the barbell must remain in between the marked tape lines. If the plates or the athlete's feet touch the line at any time the rep will not count.
- Athletes can Squat Clean the first Front Squat rep or anytime the barbell comes from the floor.
- The Heavy Rope will be confirmed by the judge before the start of the workout. The weights in the rope cannot be adjusted.
- Place the Heavy Rope gently down on the competition floor after each set as the end caps are plastic and if dropped hard, they may break. If broken, we will attempt to provide a replacement in a timely manner, but the clock will still move forward. To avoid all of this, place the rope down gently. **If a rope handle breaks due to mishandling by the athlete, no replacement rope will be provided. The athlete will then need to use their partner's rope to complete the workout
- The athletes may adjust the bike seat but are not permitted to touch the monitor at any time and must remain on the seat until the required calories are completed. The monitor will be reset by the judge between rounds.
- Athlete 2 can adjust the seat once athlete 1 completes their part.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN. (EXCEPT FOR THE RESETTING OF THE ECHO BIKE)

MOVEMENT STANDARDS

FRONT SQUATS (ALL DIVISIONS)

Each set of front squats must begin with the barbell on the ground. The crease of the athlete's hip must be clearly below the top of the knees at the bottom. The bar must remain in the front-rack position. The hands do NOT need to remain on the bar. A full squat clean is permitted but not required to start the movement.

DOUBLE UNDERS (RX & INTERMEDIATE DIVISIONS)

The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE UNDERS (NOVICE 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.

ECHO BIKE (ALL DIVISIONS)

The athletes may adjust the seat but are not to touch the monitor at any time and must remain on the seat until the required calories are completed. The monitor will be reset by the judge between rounds.

**NXTLEVEL
GAMES**