

"SINKING SHIP"

10 ALTERNATING ROUNDS FOR TIME:

12/10 CALORIE ROW

10 DEADLIFTS

10 BOX JUMP-OVERS

NOVICE: 135lbs/95lbs

INTERMEDIATE: 165lbs/115lbs

RX: 205lbs/145lbs

BOX HEIGHT FOR ALL DIVISIONS: 24"/20"

TIME CAP - 13:00

FLOW

This workout begins with both athletes standing on the starting mat. At the call of 3,2,1, GO!... Athlete 1 will move to the rower and Athlete 2 stays on the starting mat. Athlete 1 will do 1 round of 12/10 Calories on the Rower, 10 Deadlifts, and 10 Box Jump-Overs with STEPPING DOWN on each rep.

When Athlete 1 completes the round, they will go back to the starting mat to tag Athlete 2 to begin their round. For the tag to occur, one foot of the athlete must fully cross the marked tape line. Then and only then can the next partner start on their round.

Each team will follow this format until 10 TOTAL rounds are complete.

Time will be called when both athletes are back on the starting mat.

If teams do not complete the reps under the given time cap, every rep not completed will add :01 to the time cap to provide the team a timed score.

FOR THE OFFICIAL MOVEMENT STANDARDS AS WELL AS INFORMATION ABOUT EACH DIVISION AND WORKOUT VARIATION, PLEASE VISIT NXTLVLPERFORMANCE.CA/GAMES

GENERAL/EQUIPMENT STANDARDS

- The athletes may adjust the foot pedals and straps but not touch the monitor and must remain on the seat until the required calories are completed. The monitor will be reset by the judge between rounds.
- The athlete and the barbell must remain in between tape lines away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN. (EXCEPT FOR THE RESETTING OF THE ROWER)

MOVEMENT STANDARDS

ROW (ALL DIVISIONS)

The monitor on the rower must be set to zero calories at the beginning of each row. The judge will be in charge of starting and resetting the screen. The athlete must stay seated on the rower until the monitor reads the required amount of calories. The handle of the rower must be placed back into the rack before moving to the next movement.

DEADLIFTS (ALL DIVISIONS)

The barbell starts on the ground. The athlete's hands must be outside the knees. Sumo deadlifts are not allowed. The rep is credited when the athlete's hips and knees reach full extension and the athlete's head and shoulders are behind the bar. Receiving any assistance with the barbell is not permitted unless safety is an immediate concern. Athletes may NOT wear gymnastics grips during this workout.

BOX JUMP-OVERS (RX & INTERMEDIATE DIVISIONS)

The athlete starts with both feet on the ground on one side of the box. Do NOT angle the box and jump or step up on the corner. A lateral jump-over the box (starting with the feet parallel to the box) IS permitted. A two-foot takeoff is always required, and only the athlete's feet may touch the box. After landing on the box, the athlete MUST step off to the other side. There is no requirement to stand tall while on top of the box. Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it. A two-foot landing is required.

Rebounding into the next jump is NOT permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep. When completing the last rep of each box jump-over set, a step down is also required, jumping off of the box to tag your partner will not be permitted and will be considered a no rep. For a STEP DOWN rep to be credited, we must clearly see one foot on the box and one foot on the floor for it to be considered a step down.

BOX JUMP-OVERS (NOVICE DIVISION)

All standards from above apply with the addition of the following...

You may step up. Both feet MUST touch the top of the box if stepping up and over. Athletes MUST step down from the box for the rep to count. Rebounding into the next jump is NOT permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. From there, they may begin their next rep. When completing the last rep of each box jump over set, a step down is also required. Jumping off of the box to tag your partner will not be permitted and will be considered a no rep.