

## AP Games 2020 Online Qualifier Workout Standards (Teams of 3)

### **Workout #1: 4 minute AMRAP**

#### EQUIPMENT

- Barbell(s)
- Collars to secure the plates on the barbell
- Plates to load to the appropriate weight for your division\*

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 35 kg (75 lb.), 38kg (85 lb.), 43kg (95 lb.), 48kg (105 lb.), 52kg (115 lb.), 57kg (125 lb.), 61kg (135 lb.), 66kg (145 lb.), 70kg (155 lb.), 84kg (185 lb.), and 102kg (225 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

#### VIDEO SUBMISSION STANDARDS

- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- The use of video timing application is strongly encouraged but not required.

#### MOVEMENT STANDARD: GROUND-TO-OVERHEAD (G2OH)

- Every rep begins with the barbell on the ground.
- Any variation of a snatch or clean and jerk is acceptable.
- Touch and go is permitted, but deliberately bouncing the barbell is not.
- Dropping from overhead is OK, but the bar must settle on the ground before the next rep.
- THE REP IS CREDITED WHEN:
  - The barbell is at full lockout overhead, with the hips, knees, and arms fully extended.
  - The barbell is directly over or slightly behind the middle of the body.
  - Note: If a split-style lift is used, both feet must be brought back in line to finish the rep.

#### WORKOUT NOTES

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates. This workout begins with the barbell on the floor and the athlete standing tall. After the call of “3, 2, 1... go,” the athlete may pick up the barbell and perform as many ground-to-overheads as possible at the proscribed weight in 4 minutes. All reps must be completed within the time cap. Reps in progress at the time cap will not be counted.

The team’s score will be the total number of reps completed. Reps are calculated by applying the following multiplier:

- Athlete A: 3x
- Athlete B: 2x
- Athlete C: 1x

(Example: If Athlete A completed 3 reps, Athlete B completes 2 reps, and Athlete C completes 1 rep, the teams score would be 14 reps.)

There is no tiebreak for this workout.

## **Workout #2: Interval/AMRAP**

### EQUIPMENT

- Concept2 Rower
- Plyo Box

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Film the height of the box with a tape measure.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- The use of video timing application is strongly encouraged but not required.

### MOVEMENT STANDARD: ROWING

- The monitor on the rower must be set to zero calories at the beginning of each row. Athletes may receive assistance in resetting the monitor to zero between rounds.

- When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.
- Credit will be earned for the calories displayed when the clock reaches the time cap. (There will be no credit for rollover calories after the time cap).

#### MOVEMENT STANDARD: BURPEE BOX JUMP OVERS

- The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, hands and feet must remain inside the width of the box.
- May jump or step back to reach the bottom position.
- Stepping and/or jumping back to the starting position are both permitted.
- There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required (*for Elite/Rx*), 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.
  - *Masters/Intermediate Divisions (only)*: May perform box step-over
- Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

#### WORKOUT NOTES

Starting on the rower, but not touching the handle - At the call of "3, 2, 1... go," the athlete may begin rowing the prescribed number of calories. The athlete may exit the rower once the prescribed calories are complete and then begin doing as many Burpee Box Jump Overs in the remaining interval time. At the completion of the first interval (i.e., 2 minutes), the athlete begins the next prescribed row, and then AMRAP BBJO in the remaining interval time.

The workout consists of 4 rounds of 2 minute intervals. Each member of the team must complete this workout individually.

The team's score will be the total number of reps completed, Calories on the rower + BBJO. (Each rowing calorie will be counted as 1 rep.)

There is no tiebreak for this workout.

## **Workout #3: For Time**

### EQUIPMENT

- Dumbbells of the appropriate weight for your division\*
- Pull-up bar

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are \_\_\_\_\_ kg (50 lb.), \_\_\_\_\_ kg (40 lb.), \_\_\_\_\_ kg (35 lb.), \_\_\_\_\_ kg (30 lb.), and \_\_\_\_\_ kg (20 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Film the pull-up bar and dumbbells so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- The use of video timing application is strongly encouraged but not required.

### MOVEMENT STANDARD: DOUBLE DUMBBELL SNATCH

- The dumbbell snatch starts with both dumbbells on the ground and finishes with both dumbbells directly overhead.
- At the bottom of the movement, ONE head of EACH dumbbell must touch the ground.
- The dumbbells must be lifted overhead in one motion.
- Bouncing the dumbbells is not allowed.

### MOVEMENT STANDARD: TOES-TO-BAR

- The athlete must go from a full hang to having the toes touch the pull-up bar.
- At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.
- Both feet must come into contact with the bar at the same time, inside the hands.

### MOVEMENT STANDARD: KNEES-TO-ELBOW

- In the hanging knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.
- An overhand, underhand or split- grip are all permitted.
- At the top of the repetition, the athlete must raise the knees above the height of the hips.

### MOVEMENT STANDARD: DUMBBELL SQUATS

- The rep begins from the top, with knees and hips extended and dumbbells on the shoulders.
- A muscle clean into a squat is allowed.
- The dumbbells must be held on the shoulders.
- There is no requirement to maintain a grip on the dumbbell the entire time.
- At the bottom of the squat, the hip crease must pass below the knees.
- At the top, the hips and knees must be fully extended.
- Only one pair of dumbbells may be used.

### WORKOUT NOTES

This workout begins the athlete standing tall and the dumbbells on the ground. After the call of “3, 2, 1... go,” the athlete may begin performing the double dumbbell snatches. [Insert more]

There is a 12 minute time cap for this workout.

The team’s score will be the teams total time.

There is no tiebreak for this workout.