

2022 NEW ZEALAND NATIONALS ONLINE QUALIFIER
SCORECARD



Workout 3 | Snooze you Lose Volume 2.
SCORE DUE 11:59 PM, 17th AUGUST 2022

Workout 3

3 Rounds for reps:

In 100sec...

30 Wall balls, then

Max Pull ups

In the following 100sec...

30/22 Calorie Row, then

Max Pull ups

in the following 100sec...

40 Thrusters

Max Pull ups



Following the first round rest 3:20,
and following the second round rest 1:40.

Note: The above is one round.

*Complete three rounds, in the order
as listed, accumulating as many
Pull ups as possible.*

Total time: 20mins.

Flow

The competitor starts standing behind the Wall ball. On the sound of 3,2,1.. go! The competitor will complete 30 Wall balls. Once the competitor has completed the required number of repetitions they will begin accumulating Pull ups. At the 100sec mark the competitor will be required to complete 30/22 Calories on the Rower (respectively: male/female). Once the competitor has completed the required calories they may then move back to the bar and continue accumulating Pull ups. At the end of that 100sec (if using a running clock this will be the 3:20 minute mark) the competitor will now be required to complete 40 Thrusters. Again, once the required repetitions have been completed the competitor will move back to the bar to continue accumulating Pull ups. At the conclusion of this 100sec (or 5 minutes on a running clock) the round will end and the competitor must take a 3:20 rest. At the conclusion of the rest the competitor will then complete another round of three 100sec blocks before taking a further 100sec rest. Once the 100sec have past the competitor will then complete the third and final round.

	Round 1	Round 2	Round 3
Wallballs	/ 30	/ 30	/ 30
Pull ups			
Calorie Row	/ 30/22	/ 30/22	/ 30/22
Pull ups			
Thrusters	/ 40	/ 40	/ 40
Pull ups			
Total:			
<i>Total repetitions: _____</i>			

Important note: The stipulated repetitions in each 100sec must be completed (considered a buy in). If the instance arises where a competitor does not complete the buy-in for a particular 100sec, the competitor will continue, completing the next relevant buy-in. However the repetitions not completed will be deducted from the score at the end of the workout. This applies for all rounds.

Scoring

The total repetitions achieved across the three rounds combined, after removing any repetitions that were not completed during the buy-in to each 100sec block.

Movement standards

Thruster:

The competitor will front rack the bar, squat down until their hip crease goes below the top of their knee, then stand until they are fully extended with the hips, knees and shoulders in line, at the same time pressing the bar overhead. The competitor's elbows must NOT touch their knees throughout the lift. The competitor may NOT jerk the bar over head. This is completed as a single movement.

Calorie Row:

The Rower may be set to any damper setting. The competitor may change the damper setting during the workout. Each time the competitor begins a round of rowing, they (or a spectator/judge) MUST reset/clear the monitor on the Rower.

Wall balls:

The wall ball starts from the bottom of a squat with the ball held in front of the body, hip crease below the knee, the competitor then stands and the Ball is thrown to hit above the 10 feet line/mark.

Pull Ups:

The competitor must start hanging on the bar with the arms fully extended and their feet off the ground. They must then pull up until their chin is higher than the horizontal plain of the TOP of the bar. The athlete may perform a strict, kipping or butterfly pull-up to achieve this.

Sumo Deadlift High Pull:

The competitor starts with the Barbell on the ground. They then pull the Barbell up until their hands pass above the horizontal plain of their collarbone (elbows above the hands), at the same time their knees and hips are extended and inline. They then return the Barbell to the ground and start the next repetition. The hands will hold the Barbell inside the width of the knees.

Variations by division

Elite, Rx, Teens(16-17), Masters(35-42), Masters(43-49):

Wall balls @ 9/6kg to 10ft, Thrusters @ 20/15kg Barbell

Scaled:

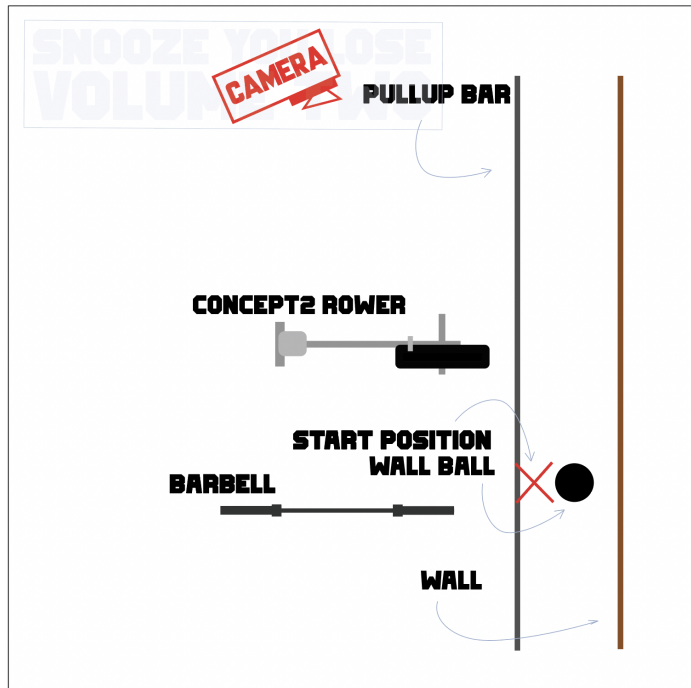
Wall balls @ 6/3kg to 9ft, Thrusters @ 20/15kg Barbell
 Replace Pull ups with Sumo Deadlift High Pull @ 40/30kg

Teens(14-15):

Wall balls @ 6/3kg to 10ft, Thrusters @ 20/15kg Barbell

Masters(50+):

Wall balls @ 9/6kg to 9ft, Thrusters @20/15kg Barbell



Competitor Name: _____ Score: _____

Judge Name: _____ Signed: _____