

2023 NEW ZEALAND NATIONALS ONLINE QUALIFIER SCORECARD



Workout 3 | SwoleBob

SCORE DUE 11:59 PM, 16th AUGUST 2023

Workout 3

8 Rounds for time:

8 Ring Push Ups

16 Alternating Dumbbell Snatch

35 Double Unders

16min Cap

Flow

The competitor will start standing, on the sound of 3, 2, 1... go! the competitor may begin the Ring Push Ups. Once 8 repetitions are complete they will move to and complete 16 alternating Db Snatch. Once complete they will move to their rope and complete 35 Double Unders. This is considered one round, the competitor will continue in this fashion until they complete 8 rounds at which point they will be awarded their time.

Scoring

Total time to achieve 8 rounds.

For each repetition not complete at the 16 minute mark individuals are required to add 1 second to the 16 minutes.

Movement standards

Ring Push Ups:

With a line taped directly below the rings (the rings must stay directly above this line for the duration of all repetitions), and the rings set no more than 10 cm from the ground, the competitor will start in a front support position whereby their shoulders are clearly above the rings, their arms are extended and only their toes/feet are touching the ground. They will lower until their shoulder moves below the horizontal plain of the top of their elbow, then press until their elbows return to full extension. At no time will anything other than the competitors toes/feet touch the ground before the repetition is awarded.

Alternating Dumbbell Snatch:

The Dumbbell is taken from the ground to overhead in one movement, so that the feet, knees, hips, shoulders, elbows and hands are in line and locked out, using only one hand. The competitor may Muscle Snatch, Power Snatch or Squat Snatch the Dumbbell. The Dumbbell must be in constant motion from the ground to overhead. This exercise requires each repetition to alternate hands. The competitor may change the hand that holds the Dumbbell at any point once they have achieved the repetition. Both heads of the Dumbbell must touch the ground.

Round	Ring Pu	Db Snatch	Du
1	8	16	35 (10)
2	8	16	35 (10)
3	8	16	35 (10)
4	8	16	35 (10)
5	8	16	35 (10)
6	8	16	35 (10)
7	8	16	35 (10)
8	8	16	35 (10)



Competitor name:

Score:

Judge Name/Sign:

Double Unders:

This is the standard double-under in which 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.

Variations by division

Elite, Rx, Masters(All), Teens(16-17):
22.5/15 kg Dumbbell

Teens(14-15):
15/10 kg Dumbbell

Scaled:

15/10 kg Dumbbell

35 Double Unders scaled to 10 Double Unders

Ring Push Ups substituted for kneeling Ring Push Ups. Note, kneeling Ring Push Ups require the individual maintain the same setup as described above, the difference being the individual may place their knees on the ground so that their knees are further from the Rings that their hips when at the top of the Push Up (or the front support position).

Suggested floor plan

