

2014 AllStar Round-Up Workouts!

WOD #1 RETURN OF THE DRAGON

“Return Of The Dragon”

Athletes enter a 14 Level circuit (The Dragon), conga-line style. Amass as many repetitions as possible in each movement. 45 seconds of work, with 15 seconds of rest/transition time to the next element. Athletes enter and exit through the same athlete chute (PR Portal).

Movement Standards:

Row: Athlete is responsible for resetting monitor to zero (press ‘Menu Back’). The first thing the athlete should do when it is their turn to begin, is check the monitor and reset if needed. Volunteers will also assist to have rowers ready to start, but ultimate responsibility will be on the athlete to make sure monitor is ready. Two Rowers will be available and alternated between each 1:00 minute round. At the start, athlete must stand behind rower, then upon 3-2-1 GO, athlete may get on rower and begin their work. Foot positions will stay at 3, and dampers will stay at 5 for the duration of “Enter the Dragon, Part 2”

Pull Ups: Athlete must not touch the bar, then upon 3-2-1 GO, athlete begins the Pull Up with arms fully extended and feet unsupported while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will rise to bring chin & plane of face above the plane of the bar. **Scaled Ring Row:** Athlete will stand at undesignated point and lean back till arms are extended. Athlete will pull rings to touch chest for the rep to be complete.

Hand Release Push-Up: Athlete may begin in a kneeling position, then upon 3-2-1 GO the movement begins with the athlete in a plank position, arms extended with the body horizontal and flat like a board. Athlete must lower body to a prone position on the floor with the chest, hips, top of thighs clearly on the deck. **Hands must release and show separation** from ground prior to pressing

up. On the press up, **Body must elevate in a straight line** from ankles to shoulders for a rep to count. *The hips must come off the floor at the same time or before the chest, otherwise it will be deemed a 'no rep'.* Both arms must come to **complete elbow extension** (locked out) in the top position.

Box Jump: The athlete will face the box, on 3-2-1 GO, athlete will use a two foot take off to jump on top of box. Athlete will rise to a standing position ON TOP OF BOX with hips, knees fully extended BEFORE jumping or stepping down. Rebounding Box Jumps OK & performed at your own risk.

Shoulder to Overhead: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO. then you may grab bar and clean into the front rack. Athlete will begin the Shoulder to Overhead movement in a standing position with hips and knees fully extended and bar in front rack position on the shoulders. Athlete may Press, Push Press, Push Jerk, or Split Jerk the barbell overhead. Or use any other means to get the bar overhead and finish with the elbows, hips, and knees fully extended, or locked out and feet together if the split jerk is performed.

L-Sit on Paralletts: Athlete must stand, then on hearing 3-2-1 GO, athlete may place hands on Parallettes and get feet above the 12" box, with legs fully extended and knees locked out as possible, knees may be slightly bent but knees MUST remain higher than hips. If feet come out of the area of the top of the box or touch top of box, the athlete's attempt is over and their seconds will be scored. 1 sec = 1 rep. **Scaled Knees Bent w/ Feet Off Floor:** Athlete must stand, then on hearing 3-2-1 GO, athlete may place hands on Parallettes and get feet off the floor. If athlete's feet or toes come in contact with the floor, the athlete's attempt is over and the movement is scored. Knees MUST remain higher than hips. 1 sec = 1 rep ***PLEASE SEE THE DETAILED DIAGRAMS OF THE L-SIT AT THE END OF THIS WOD DESCRIPTION.**

Air Squat: Athlete must stand then upon hearing 3-2-1 GO athlete will bring hip crease BELOW the level of the knee. Then athlete will rise till hips, knees are fully extended for the rep to count.

Rest: Athlete can enter the rest station and rest. Athlete may not exit the resting station till the 45 sec. interval is over.

Front Squat: Barbell will be on the ground. Athlete will remain standing, hands off bar until 3,2,1 GO, then the athlete can be grabbed and cleaned up to front rack. First rep may NOT be a squat clean. Athlete begins in front rack position standing, with hips and knees fully extended. Athlete must bring hips below parallel, then rise back into hips and knees fully extended.

Toes to Bar: Athlete must not touch the bar, then upon 3-2-1 GO, athlete begins Toes to Bar with arms fully extended and feet unsupported and behind the bar, while gripping the bar using any preferred grip (overhand, underhand, alternate grip). Athlete will raise feet to the bar and BOTH feet or toes must touch the bar at the same time between the hands for the rep to count. Feet must go behind the bar at the bottom of each rep. **Scaled Sit Up:** Athlete may begin seated then on 3-2-1 GO athlete must touch toes then lean back and touch ground overhead, then rise to touch toes. For the rep to count, athlete must touch toes at the top and ground overhead. Knees out with soles of feet together OR knees up with feet on floor will both be acceptable as long as the other standards are met.

Doubleunder: Athlete must stand (with rope in hand OK) then upon 3-2-1 GO athlete may perform Doubleunders, the rope must pass under the body two times per jump. **Scaled Singles:** Athlete must stand (with rope in hand OK) then upon 3-2-1 GO athlete may perform Single jumps, the rope must pass under the body one time per jump. ATHLETES WILL NOT BE PERMITTED TO USE THEIR PERSONAL ROPES. Vinyl ropes will be provided in the designated DU area in lengths of 7' (pink), 8' (green), 9'(blue), & 10'(yellow) with the length designated by the color of the handle. Practice ropes will be available in the warm-up area. Athletes will not be permitted to change the length of the ropes.

Power Snatch: Athlete will remain standing, hands off bar until 3,2,1,GO. Bar must travel from the floor to overhead in one motion, without any pause. Press outs ok here. Athlete must receive the bar with hip crease ABOVE parallel.

Athlete must finish movement with elbows, hips and knees fully extended and locked out. Plates must touch floor to begin next rep.

Deadlift: Athlete must remain standing, hands off bar until 3,2,1 GO. Movement begins with plates on the ground, Deadlift ends with athletes hips, knees, elbows fully extended and shoulders behind the bar. Plates must touch ground in between each rep. No intentional “bouncing” the bar and catching it on the bounce.

Kettlebell Swing: Athlete must remain standing, hands off bell until 3,2,1 GO. The swing starts at the bottom with the kettlebell bottom of the kettlebell facing down and arms extended. The kettlebell swing is complete when the bell is overhead and the ears are clearly in front of the arms. Bottom of bell should be as flush to the ceiling as possible, but a slight amount of forward lean will be permitted as long as the other standard is met (ears in front of arms). If the bottom of the bell is facing forward in the top position, that will be considered a ‘no rep’.

Judging Goals:

- Lots of action will be going on continuously in this workout. Our goal is to make the judges job as easy as possible...that starts with the athlete executing reps above and beyond the standards so the judge doesn't need to question it.
- Judges will NOT move through with the athlete. Judges will STAY at their respective stations and judge that one respective movement. Judges will be rotated during the 2:00 transition between divisions.
- Athletes are responsible for possession of their score card at the start. Athletes MUST hand their scorecard to the judge at each station during the 15 second transition. Judges will stay at each respective station. If athlete does not hand the judge their scorecard BEFORE the start of that station, athlete will receive a ‘zero’ for that station. Athletes will NOT be allowed to retrieve a forgotten scorecard during work intervals. Athletes MAY retrieve a forgotten scorecard during the 15 second transition time.
- We will be running ALL athletes through The Dragon, every minute on the minute, without stopping. You will be assigned a start time and MUST be

at your spot in the conga-line in order to 'Enter the Dragon'. Any athlete not in line will miss their turn, forfeit their score and receive a zero for this event.

WOD #2 "Paid in Pounds"

Description:

With a 4 minute running clock athletes will attempt a 1 Rep Max Snatch, OR athletes also have a choice to perform Target Burpees to accumulate weight on their Snatch.

Burpee Conversion:

1 Target Burpee = 3lbs

*We will use the word 'Burpee' in the rest of the description, you can assume we mean 'Target Burpee'.

Details:

- Any Burpees performed will accumulate and count towards the total weight of the 1RM Snatch.
- You may perform as many Burpees as you'd like in 4 minutes.
- You must perform a Snatch. If you only perform Burpees your total score will be zero for this event. The Snatch may be performed with an unloaded barbell, and the weight of the barbell will count towards your score. If you need lighter bars let us know ahead!
- Once you are done with Burpees and you take a Snatch attempt, you may not go back to your burpees.
- For the Snatch, there will be no de-loading, so if you miss your Snatch attempt you may not go down in weight.
- Athletes will load their own bar for the Snatch, with collars.

Barbells

A 45# Barbell will be used by all Men's Divisions

A 35# Barbell will be used by all Women's Divisions

*If you need a lighter barbell please notify us at least 2 days prior to the event.

Weight

Each lane will be provided with a set of 45, 25, 15, 10, 5, 2.5lbs plates.

Lock Jaw collars will be provided and required.

Lane Set Up

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Movement Standards

Burpee: Athlete MUST stand until they hear the 'GO' of 3,2,1 GO! False starters will be disqualified! Athlete must stay within their lane. If athlete chooses to use Burpees to count towards their total weight, they will first perform a Burpee. Athlete will bring chest and thighs to the ground at the bottom of each Burpee (top of chest, not lower abdomen). Athlete must then rise and touch the target overhead at the top of the Burpee. Target will be measured to 6" above the athletes standing reach. (Instructions for measuring athletes TBA. But expect each athlete to get measured during the transition time before their heat. Yes, I just said that.) If athlete performs a 'Good Rep' Burpee at the bottom, but misses the target at the top, they may re-perform the jump to touch target, without having to re-do the entire Burpee.

1 RM Snatch: Once the clock starts, the athlete may perform as many or as few Burpee's as desired. When the athlete begins to load the bar, the opportunity to perform Burpees stops. It is then the goal to perform a 1Rm snatch.

- Multiple attempts may be made.
- Weight can be added, but not removed.
- The final score is in pounds, highest completed snatch weight + total accumulated Burpees (1 Burpee = 3 lbs)
- Athlete must load their own bar, clips required.
- The barbell goes directly from the ground to overhead in one motion WITHOUT a pause at the hip or hang position.
- Only the bottoms of the feet may touch the ground during the Snatch.
- This may be a Power Snatch, Squat Snatch or Split Snatch.
- Arms must lock out on the Snatch, press outs will not be permitted. An imperceptible amount of press out is allowed...any press out that is seen by the judge will be deemed a 'No Rep'.
- Bar may not rest on the body at any point during the Snatch, and bar may not touch the head.
- Movement is complete when the athlete is standing with the load overhead and the knees, hips, and elbows are fully extended. Feet need to come back together if the Split Snatch is executed.
- Nothing, including the barbell goes outside of the taped area of the athlete's lane...especially when lowering.

Judging goals:

- Present workouts that are a valid test of fitness with equal judging for all participants.
- Judges will be randomly placed with athletes for each event. You will not have the same judge all day.
- Present movements in the workouts that are easily measured, and take the human element out of it as much as possible. Thus, the Target Burpee.
- Empower the judges by presenting movements that are easily judge-able to help build confidence.
- Keep audience engagement with judging positive by making the movements transparent and straight forward.

WOD #3 “All Aboard The Pain Train”

For time:

200m Sandbag Carry, and then...

21 Overhead Squats

1 Rope Climb

15 Overhead Squats

1 Rope Climb

9 Overhead Squats

1 Rope Climb

*7 minute time cap

Workout Description:

Athletes will begin by traveling 200m with a weighted sandbag. After crossing the 200m finish line, athlete will drop sandbag and go straight to assigned lane where barbell and rope will be ready. Athletes will then perform required reps as described above. The score is for time. If work is not completed at the end of 7min., score will be for reps.

When athlete completes the sandbag carry, athlete must drop sandbag past the finish line (not before the finish line or they will need to pick it back up and carry it past the finish line. Dragging of the sandbags will not be allowed). Athlete will then travel to their designated lane assignment. Athlete MUST move the orange cone onto the box labeled '21'. Athlete will then begin their round of 21 Overhead Squats and 1 Rope Climb. Immediately. Athlete must move their cone to the box labeled '15' before executing their set of 15 Overhead Squats and 1 Rope Climb. Continue on by positioning the cone to the box labeled '9' before executing the final set of 9 Overhead Squats and 1 Rope Climb. Athlete MUST move their cone to the proper number BEFORE executing that set of work, or their effort will be considered a 'No Rep'. Upon completion of the final rope climb, athlete must position cone on the box

labeled 'F' for finish. Judge will note the time that the athlete positions the cone on the finish box to end the workout. If athlete does not finish the required work in under 7 minutes, the workout will be scored for reps.

Movement Standards:

Sandbag Standards: Sandbag will begin on the ground, you may use any method to get the bag up to carry. Athlete must not bend at hips to get sandbag until the call of 3,2,1 GO! Athletes must travel 200 meters, on outside of designated cones, and across finish line, then unload and drop sandbag. If athlete drops bag without having traveled 200 meters, athlete must pick bag back up and complete the required distance. No dragging permitted.

Overhead Squat: Athlete will come in from Sandbag Carry and go immediately to their assigned lane. Barbell begins on the floor. Athlete will get the bar up in any way to prepare for the Overhead Squat. The Overhead Squat begins with the athlete standing, the bar overhead with hips, knees and elbows fully extended. Athlete must keep arms LOCKED OUT while bringing the hip crease below parallel. The Overhead Squat is finished when the athlete stands up with the bar still in the overhead position with hips, knees, and elbows fully extended. Arms must remain locked out or the attempt will be considered a 'No Rep'.

Rope Climb Heights & Standards: All Divisions: 15 foot rope climb(for scaled, if the rope climb is not available we are allowing 'Up/Downs' which begin in the laying down position and you pull yourself to standing then lay yourself back down again. Any scaled athlete who chooses "Up/Downs" will not score higher than a scaled athlete that climbs.) Athletes climb to reach the 15 foot mark(orange cone), athletes must touch the 15 foot mark with any hand. You are allowed to jump up on the rope to begin your climb, running will probably not be necessary and you will likely not have very much room to run in your lane, but you may get to the rope as fast as you can. You may not drop from the top as this would be dangerous and likely result in injury. You will need to keep your feet on the rope until you are at the bottom 4 feet of the rope and show control before letting go at the bottom of the descent. Safety mats will NOT be provided this year, please use caution. Be mindful of the tail of the rope laying on the ground in order to protect your ankle from rolling when you step off of the rope.

Judging Goals:

- To ensure that all athletes start on 'GO'. A false start will required athlete to come back to the start, drop sandbag at the starting line and restart.
- Keep athletes accountable to movement standards.

- Accurately record time on completion of the workout.
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WOD #4 MYSTERY WOD

ATHLETES MUST BE PRESENT SATURDAY NIGHT AROUND 4:30PM OR WHEN SATURDAY EVENTS FINISH, TO LISTEN TO THE ANNOUNCEMENT OF THE MYSTERY WOD, WHICH WILL BE THE FIRST EVENT ON SUNDAY.

WOD #5 'Running of the Bulls'

Goal:

Test athletes overall strength under speed and decision making. This workout is directly influenced from GRID.

Workout Description

Athletes will be given 90 seconds, to complete as many reps as possible on the Deadlift Ladder, 'Running of the Bulls'. The score will be for reps, with time as a tie-breaker. The ladder will have 2 lanes and 2 Athletes will begin at the same time. Progression up the ladder will require athletes to move forward over their barbell, not step around.

On 3,2,1 Go, athletes will travel from starting box to the first bar and complete 3 Deadlifts before moving on to the next bar in front of them. Athletes must perform 3 reps at the given load in order to move on to the next bar and up the ladder. Athlete may decide at any point along the ladder to stop doing Deadlifts. At that point they will need to run to the end of the ladder, and jump onto the finish platform to stop the clock. The highest score will be rewarded to the athlete who completes the most reps, if multiple athletes perform the same amount of reps, they will be ranked according to finish time as a tie-breaker.

*All athletes must get to the finish box under 90sec. or they will receive a score of zero (0) for the entire workout.

Example of Scoring

Athlete A who performed 17 reps in 73 seconds would place higher than athlete B who performed 17 reps in 75 seconds. Both A&B would place higher than Athlete C who accomplished 15 reps in 45 seconds. A,B & C would all place lower than D who performed 18 reps in 88 seconds.

Movement Standards:

Deadlift starts with bar on the ground. This is a traditional Deadlift with the hands outside the knees. Sumo Deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted, however barbell must settle before next rep is attempted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

Deadlift Weights:

Running of the Bulls Chute:

***Although the bars will be staggered, athletes will travel the same distance from start box to finish box.**

Judging Goals:

- Judges will be stationed at each bar to judge that particular weight reps. Judges will not be hopping over the bar with the athlete.
- Separate Judges will be strategically placed next to finish box for maximum efficiency when timing athlete finishes.
- Times will be taken down to the 1/100th.
- 2 JUDGES WILL TAKE TIME PER ATHLETE WITH, SO 2 STOP WATCHES WILL BE RUNNING PER EACH ATHLETE. WE WILL TAKE THE DIFFERENCE OF THE 2 TIMES AS THE FINAL TIME, DOWN TO THE 1/100TH.

WOD# 7 FINALS

TO BE ANNOUNCED FOR TOP 4 COMPETITORS THE DAY OF THE EVENT, AT THE TIME OF EVENT #7 AND NO EARLIER.

Skill Test: Standing Long Jump A.K.A Broad Jump
This event will run all day, 9am-4pm on Saturday.
Please perform this event at any point throughout the day. We will not be able to record your score if you perform this event after 4pm so get it done early!

Purpose:

To measure the explosive power in the legs. The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power. It is one of the fitness tests in the NFL Combine. The standing long jump was also once an event at the Olympic Games.

Procedure:

- Athlete will be allowed to make 2 attempts for maximum broad jump length on a designated mat in a designated area (Broad Jump Booth). Practice attempts off the mat in the warm up area do not count. Only attempts on the Mat will count, and only 2 attempts will be allowed.
- Take off line is clearly marked.
- Athlete must use the Broad Jump mats provided. Find a clear description of the Broad Jump Mat [HERE](#). The top of the mat is carpet like astro-turf, the bottom is sticky mat like a yoga mat.
- The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used
- Swinging of the arms and bending of the knees will be allowed to provide forward drive. The athlete attempts to jump as far as possible, landing on both feet without falling backwards. Two attempts are allowed, with the furthest attempt counting towards your final score.
- If the feet land uneven, Judges will measure the back of the heel of the foot that is the farthest back towards the start line. Hands or any part of the body except the feet, are NOT allowed to touch the ground and will constitute a 'No Rep'.
- Measurements will be rounded down to the nearest 2" inch. In other words, the mats are measured in 0,2",4",6",8",10"....
- Athlete must STICK the landing and stay put till the judges release the athlete.

Scoring

- The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.
- Athlete will have the entire day on day 1 to get their score at the designated Broad Jump Booth, but make sure not to wait till the last minute! At the closing of Day 1 the Broad Jump area will close and no Broad Jump attempts will be allowed on Day 2 to contribute to scoring.

Judging Goals:

- Provide an exterior event (although the photos illustrate the inside of the gym, the Broad Jump Booth will be outside on Round-Up day) that athletes can execute on their own time throughout Day 1.
- Team of judges will stay at the Broad Jump booth throughout the day.
- Judges will use as accurate of a measure as possible, rounded down to the nearest 2”
- Judges will give a ‘No Rep’ if the athlete does not stick the landing and falls or walks out of it.
- 2 Broad Jump mats will be provided in the Broad Jump Booth, along with enough judges to run both mats simultaneously for 2 different athletes, throughout Day 1.