

23.1 - You either have it or you don't !

Rx / Master 40+ / Intermediate

40/30 calories assault bike
20 burpees over the rower
100 DU
1000/850m row
100 DU
20 burpees over the rower
40/30 calories assault bike

T.CAP 17 minutes

The test begin with the athlete standing near the chess piece of his interval of work.

After 3,2,1...go,athlete goes directly to the Assault bike and do the 40/30 calories .Next,move to the rower and start the 20 burpees jumps over the rower.Once the burpees jumps over the rower are performed,athlete goes to speed rope and start doing the 100 DU.Once the 100DU are performed,the athlete will advance to the rower and start performing the 1000/850m.Next,the athlete will return to the speed rope,performs again the 100DU.After the DU are done,the athlete goes to the rower and starts the second set of 20 burpees over the rower.Once finished,the athlete goes ahead to the Assault bike and start working on last set of 40/30 calories.After the 40/30 calories are finished,the athlete sprints to the chess piece.

SCORE

The score will be the time if the workout is completed in the time cap.

The score will be the number of reps completed if the workout its not finished in the time cap.

MOVEMENT STANDARDS

General Note

Movement Standards to us mean we don't judge technique we only judge you hitting certain positions. Those positions are clearly defined below and will ensure all athletes doing the same work. The technique you use for certain movements is up to you. What is not stated will not be judged.

Assault Bike: The Assault Fitness "Classic Assault Bike" must be used for this workout. The monitor on the Assault Bike must be set to zero at the beginning of the workout. The athlete or a judge may turn on the monitor. The athlete must stay seated on the assault bike until the monitor reads 40 calories. The athlete must reset the monitor back to Zero for the second set of Assault Bike. This may be done by the athlete or a judge.

Burpee Standards:A rep is considered to be complete when the burpee is finished and both feet of the athlete are on the opposite side of the rower.Chest must make contact with the floor for the burpee to be a valid rep.Athletes may jump over rower to complete rep.Starting the jump with one leg its allowed, but the both feet have to be in the air in the middle of the movement.
Step its not allowed. Athletes are allowed to perform burpees facing the rower if desired.The athlete's entire body (feet included) must pass over the rower. Any athlete trying to pass around the end of the rower will receive NO REPS.If the athlete makes contact with the rower when jumping over, they do NOT have to re-do the jump.

Double unders : 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 just attempts

Row: The monitor on the rower must be set to zero at the beginning of 1000/850 meters row. The athlete working or a judge may turn on or reset the monitor. The athlete must stay seated on the rower until the monitor reads 1000/850 meters for row.





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Experience

30/20 calories assault bike
20 burpees step over the rower
100 SU
1000/850m row
100 SU
20 burpees step over the rower
30/20 calories assault bike

T.CAP 15 minutes

The test begin with the athlete standing near the chess piece of his interval of work.

After 3,2,1...go,athlete goes directly to the Assault bike and do the 30/20 calories .Next,move to the rower and start the 20 burpees step over the rower.Once the burpees step over the rower are performed,athlete goes to speed rope and start doing the 100 SU.Once the 100SU are performed,the athlete will advance to the rower and start performing the 1000/850m.Next,the athlete will return to the speed rope,performs again the 100SU.After the SU are done,the athlete goes to the rower and starts the second set of 20 burpees step over the rower.Once finished,the athlete goes ahead to the Assault bike and start working on last set of 30/20 calories.After the 30/20 calories are finished,the athlete sprints to the chess piece.

SCORE

The score will be the time if the workout is completed in the time cap.

The score will be the number of reps completed if the workout its not finished in the time cap.

MOVEMENT STANDARDS

General Note

Movement Standards to us mean we don't judge technique we only judge you hitting certain positions. Those positions are clearly defined below and will ensure all athletes doing the same work. The technique you use for certain movements is up to you. What is not stated will not be judged.

Assault Bike: The Assault Fitness "Classic Assault Bike" must be used for this workout. The monitor on the Assault Bike must be set to zero at the beginning of the workout. The athlete or a judge may turn on the monitor. The athlete must stay seated on the assault bike until the monitor reads 40 calories. The athlete must reset the monitor back to Zero for the second set of Assault Bike. This may be done by the athlete or a judge.

Burpee step over Standards:A rep is considered to be complete when the burpee is finished and both feet of the athlete are on the opposite side of the rower.Chest must make contact with the floor for the burpee to be a valid rep.Athletes may jump or step over rower to complete rep. **Jump over its allowed.** Athletes are allowed to perform burpees facing the rower if desired.The athlete's entire body (feet included) must pass over the rower. Any athlete trying to pass around the end of the rower will receive NO REPS.If the athlete makes contact with the rower when jumping over, they do NOT have to re-do the jump.

Single underts : The rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts

Row: The monitor on the rower must be set to zero at the beginning of 1000/850 meters row. The athlete working or a judge may turn on or reset the monitor. The athlete must stay seated on the rower until the monitor reads 1000/850 meters for row.