



## WORKOUT 20.2

10:00 PM, THURSDAY MARCH 5, THROUGH 10:00 PM, MONDAY, MARCH 9



## WORKOUT 20.2

10 rounds for time of:

12/8-cal. row  
8 shuttle sprint burpee (25-ft)

*M 12-cal. Row / 25-ft shuttle sprint burpee*

*F 8-cal. Row / 25-ft shuttle sprint burpee*

TIME CAP: 15 minutes

### WORKOUT VARIATIONS

Same workout across all categories.

### NOTES

This workout begins seated on the rower, with the monitor set to zero calories. At the call of "3-2-1...Go," the athlete will grab the handle and begin rowing and perform 12/8 calorie row then 8 shuttle sprint burpee, for 10 rounds. The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap. There is no tiebreak for this workout.

### EQUIPMENT

- Concept2 rower
- Floor marks for the shuttle sprint burpee (one mark in each side, no segments in between)

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 video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

- Prior to starting the workout, introduce yourself, and explain what workout you are going to complete. Film the measuring process for the length of the floor marks for the shuttle sprint burpee.
- Videos must be uncut and unedited to accurately display the performance.
- Your 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.

NOTE: The display of calories on the monitor should be clearly visible throughout the workout, and the athlete should be visible getting on and off the rower.

### MOVEMENT STANDARDS

#### ROW

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. The athlete must stay seated on the rower until the monitor reads 12/8 calories. There will be no credit for rollover calories after the time cap.

#### SHUTTLE SPRINT BURPEE

The shuttle sprint burpee starts by doing a burpee, the athlete must touch the ground with their hands, chest and thighs (all these body parts must be out of the shuttle sprint zone), facing and perpendicular to the starting line where the athlete will start running 25-ft. The athlete may rise without any requirements and will then start running until 25-ft are completed. Once overcoming the opposite line the athlete will then have completed one repetition. They may begin their next rep with a burpee facing the line.



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## WORKOUT 20.2 SCORECARD

10 rounds for time of:

12/8-cal. row

8 shuttle sprint burpee (25-ft)

*M 12-cal. Row / 25-ft shuttle sprint*

*F 8-cal. row / 25-ft shuttle sprint*

TIME CAP: 15 minutes

### WORKOUT VARIATIONS

Same workout across all categories.

Athletes may receive assistance in resetting the monitor to zero.

The shuttle sprint burpee starts by doing a burpee, facing and perpendicular to the starting line.

ROUND	12/8	8
	CAL ROW	SHUTTLE SPRINT BURPEE
1		20/16
2		40/32
3		60/48
4		80/64
5		100/80
6		120/96
7		140/112
8		160/128
9		180/144
10		200/160

Athlete Name \_\_\_\_\_ FINISH TIME \_\_\_\_\_ OR TOTAL REPS \_\_\_\_\_

Workout location (box name) \_\_\_\_\_ judge (name) \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout. (ATHLETE signature) \_\_\_\_\_

Box copy

Athlete copy

### WORKOUT 20.2

Athlete Name \_\_\_\_\_ FINISH TIME \_\_\_\_\_ OR TOTAL REPS \_\_\_\_\_

Workout location (box name) \_\_\_\_\_ judge (name) \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout. (JUDGE signature) \_\_\_\_\_