



TEAM ONLINE QUALIFIER

December 6th-16th, 2019

WORKOUT 7-8-9-10

All workout scores due Monday, December 16th at 8pm EST



LIFE AID BEVERAGE CO. | SUPPLEMENT YOUR LIFESTYLE™

SCORECARD

ATHLETE 2

WOD 8
10 RFT
30 Dubs
15 Wall Balls
3 Ring MU

W: (14lb, 9ft target) M: (20lb, 10ft target)

ATHLETE 4

WOD 10
5 RFT
60 Dubs
30 Wall Balls
6 Ring MU

W: (14lb, 9ft target) M: (20lb, 10ft target)

workout 7-8-9-10

SPECIFIC VERSIONS OF

300 DOUBLE UNDERS
150 WALL BALL
30 RING MUSCLE USP

ATHLETE 1

WOD 7
300 Dubs
150 Wall Ball
30 Ring MU

W: (14lb, 9ft target) M: (20lb, 10ft target)

ATHLETE 3

WOD 9
2 RFT
150 Dubs
75 Wall Balls
15 Ring MU

W: (14lb, 9ft target) M: (20lb, 10ft target)



CAP: 25 minutes



SCORES: Time

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SCORING

FLOW

Workout 7 is the total time it takes athletes to complete each workout. The first workout is meant to be performed chipper style by Male 1. At the start of the ascending clock, the athlete may begin their 300 Double Unders. Once the Double Unders have been finished, the athlete can begin their 150 Wall Balls. After the Wall Balls are done, they can move on to the 30 Ring Muscle Ups. When the Ring Muscle Ups are complete, the athlete can note his time. Male 2 is going to perform the 2nd version of the workout. At the start of the ascending clock, the athlete may begin their 150 Double Unders. Once the Double Unders have been finished, the athlete can begin their 75 Wall Balls. After the Wall Balls are done, they can move on to the 15 Ring Muscle Ups. Female one will repeat this format until she reaches the 2 rounds. After the 10 rounds are complete, the athlete can note his time. Female 1 is going to perform the 3rd version of the workout. At the start of the ascending clock, the athlete may begin their 30 Double Unders. Once the Double Unders have been finished, the athlete can begin their 15 Wall Balls. After the Wall Balls are done, they can move on to the 3 Ring Muscle Ups. Female one will repeat this format until she reaches the 10 rounds. After the 10 rounds are complete, the athlete can note her time. Female 2 is going to perform the 4th version of the workout. At the start of the ascending clock, the athlete may begin their 60 Double Unders. Once the Double Unders have been finished, the athlete can begin their 30 Wall Balls. After the Wall Balls are done, they can move on to the 6 Ring Muscle Ups. Female one will repeat this format until she reaches the 5 rounds. After the 10 rounds are complete, the athlete can note her time.

Workouts 7-10 are scored by the total time it takes each athlete to perform their selected workout. If an athlete does not complete the workout within the time cap. The score will be reps completed. All versions of the workout have a 25 minute time-cap.

MOVEMENT STANDARDS

DOUBLE UNDER

The double-under requires the athlete complete two rotations of the rope beneath the athletes feet for every singular jump. If the rope does not pass beneath the athletes feet twice, such as tripping on the rope during the second rotation, that rep shall not count.



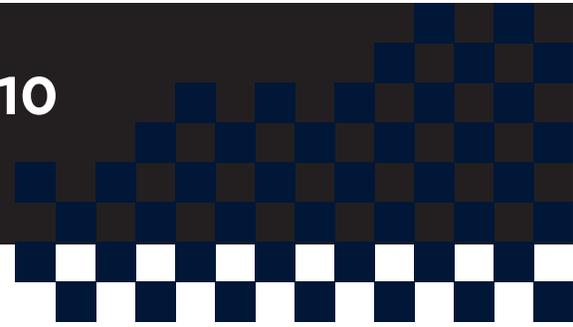
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MOVEMENT STANDARDS

WALL BALL

For the wall ball, the athlete must start with the ball at a dead stop on the ground.

The athlete may then pick up the ball and stand tall before beginning a set, or squat clean the ball, before beginning their first repetition of any set. An athlete may not start in a squat, pick up the ball from this position, and toss the ball to the target.

A repetition consists of an athlete holding the ball in the "front rack," and performing a full squat, hip-crease passing below the top of the knee, and when vertically extending throwing the ball to a specific target height. If the athlete's hip does not break parallel, or the target does not touch the wall, that rep will not be counted.

The athlete may then catch the ball and perform multiple reps if they so choose.

Finally, athletes may not catch the ball on the bounce, and head right into a wall ball repetition. The ball must be settled on the floor before picking it up to begin another set.

RING MUSCLE UPS

The ring muscle-up begins with a set of hanging rings. The athlete must begin each set at a dead hang from gymnastics rings, with shoulders, arms, hips, and legs at full extension. The athlete must then, either using a strict or kipping method, bring themselves on top the rings and finish with the athlete's shoulders over the rings, in a finished dip position, with arms locked out.

If cycling repetitions, the athlete must change direction at the bottom of the rings. Any form of an up-rise or any other uncommon movements will not be accepted.

EQUIPMENT

GYMNASTIC RINGS

ROPE

MEDICINE BALL

20lb = 9kg

14lb = 6kg

10lb = 5kg

VIDEO SUBMISSION

Prior to starting, the athlete must state their name, the workout performed, and clearly film the equipment to be used.

Target for wall balls must clearly be measured and shown on video for score to be accepted. Weight of the ball must be shown.

All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout.

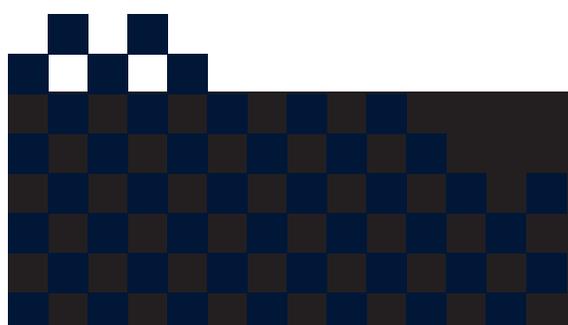
Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



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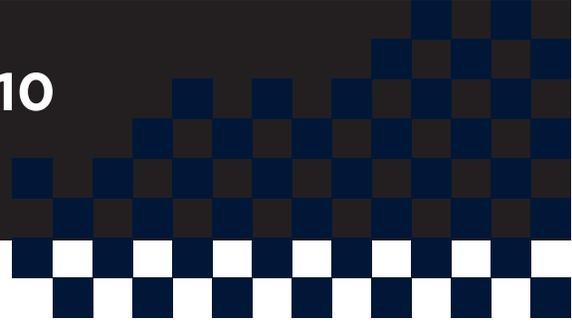
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SCORE SUBMISSION DUE: MONDAY, DECEMBER 16TH AT 8PM ET

WORKOUT 7

300 DUBS	300
150 WALL BALLS	450
30 RMU	480

MALE 1
TIME

WORKOUT 9

DUBS(150)	WALL BALLS (75)	RMU (15)
150	225	240
390	465	480

MALE 2
TIME

ROUND 1
ROUND 2

WORKOUT 8

	DUBS (30)	WALL BALLS (15)	RMU(3)
ROUND 1	30	45	48
ROUND 2	78	93	96
ROUND 3	126	141	144
ROUND 4	174	189	192
ROUND 5	222	237	240
ROUND 6	270	285	288
ROUND 7	318	333	336
ROUND 8	366	381	384
ROUND 9	414	429	432
ROUND 10	462	477	480

FEMALE 1
TIME

ROUND 1
ROUND 2
ROUND 3
ROUND 4
ROUND 5
ROUND 6
ROUND 7
ROUND 8
ROUND 9
ROUND 10

WORKOUT 10

DUBS (60)	WALL BALLS (30)	RMU(6)
60	90	96
156	186	192
252	282	288
348	378	384
444	474	480

FEMALE 2
TIME

ROUND 1
ROUND 2
ROUND 3
ROUND 4
ROUND 5



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WOD#

TIME

ATHLETE 1

ATHLETE 3

WOD 7
SCORE

WOD 9
SCORE

ATHLETE NAME:

ATHLETE 2

ATHLETE 4

SIGNATURE:

WOD 8
SCORE

WOD 10
SCORE

JUDGE NAME

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