



ELITE ONLINE QUALIFIER #1

In 5 min time window

This is a time priority workout and the score will be total reps of burpee box jump overs completed

Row 750 meters

In remaining time
AMRAP of burpee box jump
overs

Height of the box:
60 cm / male division
50cm / female division

Scorecard

Athlete name _____

In 5 min total time	
Row 750m	
then AMRAP of	
Burpee box jump over 60/50cm	_____ reps
Score	_____ reps

Movement standards:

Workouts starts with athlete sitting on the Concept2 rower. On the start of the clock athlete starts with the distance row. After the full row of 750m is finished athlete can move from the rower to the burpee box jump overs.

The submitted video must show the rower display before the start of the workout and at the end of the row.

Burpee box jump over

The burpee box jump over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, athlete must be perpendicular to the box on each rep. There is no requirement to stand tall while on top of the box. A two-foot takeoff is required, and only the athlete's feet may touch the box. The athlete must jump on top of the box using a two-foot landing and then jump or step off to the other side. Jumping over the box is not permitted. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

