



# VARAŽDIN THROWDOWN 2021

## QUALIFIER WORKOUT #2

### 10 MIN AMRAP

DO AS MANY ROUNDS/REPS OF BURPEE BOX JUMP-OVERS AND  
DOUBLE UNDERS IN A 10 MINUTE TIME WINDOW

\*Workout starts with the athlete standing tall next to a box. On the start of a clock set up to count down from 10 minutes athlete starts with the first movement, burpee box jump-over. After finishing all the reps he moves to a second movement, double unders.

\*Burpee box jump-over reps ascend by 3 reps each round (3-6-9-12...etc.)  
Double unders have a fixed rep number of 30 for rounds 1 to 4 and 50 reps for rounds 5 and after.

\*The burpee box jump-over starts with the athlete next to the box facing any way they like (box facing, lateral, diagonal...) while touching their chest and thighs to the ground, and finishes with the athlete on the other side of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete must jump on top of the box with both feet touching the top of the box and then jump or step off to the other side. Each rep is counted when the athlete lands on the ground on the opposite side with both feet, where they may begin their next rep.

\*Double under is a standard rope jump variation in which the rope passes completely under the feet twice for each jump.

**\*Box height is 60 cm for men and 50 cm for women.**

**\*Score is total reps finished in 10 minutes.**

ROUND	BURPEE BOX JUMP-OVER	DOUBLE UNDERS
1	3	30
2	6	30
3	9	30
4	12	30
5	15	50
6	18	50
7	21	50
8	24	50
9	27	50
10	30	50

SCORE: \_\_\_\_\_reps