



WORKOUT 1

Zaterdag 02/05/20 00:00 – Woensdag 06/05/20 23:59

WORKOUT 1

Complete as many rounds as possible in 20 minutes of:

5 burpees
10 push up
15 air squat

WORKOUT 1: SCALED

Complete as many rounds as possible in 20 minutes of:

5 half burpees
10 push-ups on box
15 air squat

NOTES

The sequence for this workout is 5 burpees followed by 10 push-ups followed by 15 air squats. Once you complete the round, return to the burpees and continue working until you reach the 20-minute time cap. For all three movements, choose a modification that allows you to work continuously within the range of motion for the duration of the workout, if you scale the workout. Your score will be the total number of repetitions completed before the 20-minute time cap.

POINTS OF PERFORMANCE

SQUAT

The squat begins and ends with the athlete standing tall with hips and knees fully extended. To complete a full range of motion, the hip crease should pass below the top of the knee at the bottom of the squat before returning to full extension at the top.

- Shoulder-width stance
- Knees in line with toes
- Lumbar curve maintained
- Hips descend back and down
- Hips descent lower than knees
- Heels down
- Complete at full hip and knee extension

EQUIPMENT

For RX, no equipment is needed. If you scale the workout, take a box (or chair, table,...) that is between 60 and 70 cm in height. Both 60 cm and 70 cm are also allowed.



WORKOUT 1

Zaterdag 02/05/20 00:00 – Woensdag 06/05/20 23:59

POINTS OF PERFORMANCE

PUSH UP

The push-up begins with the athlete in a plank position, arms fully extended. After lowering the chest and thighs to the ground, the athlete then pushes upward to return to the plank position

- Hands on the ground shoulder-width apart
- Legs straight with only the ball of the feet on the ground
- Start with arms extended
- Lower chest and thighs to the ground
- Body remains rigid
- Elbows move closer to the hips than the shoulders
- Complete at full arm extension

POINTS OF PERFORMANCE

BURPEE

Start each rep of the burpee standing tall. At the top of the movement, your hips and knees should be fully extended. Chest and thighs should touch the ground in the bottom position.

- Place the hands approximately shoulder width
- Jump back to a push-up position
- Lower the chest and thighs to the ground
- Push-up and jump the feet back towards the hands
- Jump to full hip and knee extension
- Extend the arms overhead during the jump

- For scaling, chest and thighs don't need to be lowered to the ground. The movement ends in push up position and then back up.



WORKOUT 1

Zaterdag 02/05/20 00:00 – Woensdag 06/05/20 23:59

WORKOUT 1

Complete as many rounds as possible in 20 minutes of:

RX:
5 burpees
10 push up
15 air squat

WORKOUT 1: SCALED

Complete as many rounds as possible in 20 minutes of:

5 half burpees
10 push-ups on box
15 air squat

ROUNDS	5 (HALF) BURPEES	10 PUSH UPS (ON BOX)	15 AIR SQUATS
1	5	15	30
2	35	45	60
3	65	75	90
4	95	105	120
5	125	135	150
6	155	165	180
7	185	195	210
8	215	225	240
9	245	255	270
10	275	285	300
11	305	315	330
12	335	345	360
13	365	375	390
14	395	405	420
15	425	435	450
16	455	465	480



WORKOUT 1

Zaterdag 02/05/20 00:00 – Woensdag 06/05/20 23:59

17	485	495	510
18	515	525	540
19	545	555	570
20	575	585	600
21	605	615	630
22	635	645	660
23	665	675	690
24	695	705	720
25	725	735	750
26	755	765	780
27	785	795	810
28	815	825	840
29	845	855	870
30	875	885	900

WORKOUT 1

Athlete name: _____

Reps at 20 min: _____

Performed as: **RX / Scaled** (circle one)