



WORKOUT 2

Zaterdag 09/05/20 00:00 – Woensdag 13/05/20 23:59

WORKOUT 1

20 mountain climbers
20 single unders
-rest till one minute-
ADD 5 REPS every minute
Continu until fail within one minute

NOTES

The sequence for this workout is 20 mountain climbers, followed by 20 single unders. Once you complete the round, rest until the clock reaches the minute mark. After each minute mark, add 5 reps to both movements. For these two 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 you fail to perform a full round of repetitions within the minute mark.

POINTS OF PERFORMANCE

SINGLE UNDER

In the single-under, the jump rope spins forward and passes under the feet once for each jump.

- Hold hands slightly in front of hips.
- Elbows stay close to the body.
- Jump a few inches off the ground.
- Spin wrists so the rope passes the feet once with every jump

WORKOUT 1: SCALED

20 mountain climbers
20 single unders
-rest till one minute-
ADD 3 REPS every minute
Continu until fail within one minute

EQUIPMENT

For both RX and scaled, only a jump rope is needed.



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POINTS OF PERFORMANCE

MOUNTAIN CLIMBER

The mountain climber begins with the athlete in a plank position, arms fully extended. After bringing one knee towards the body, past the sternum, the athlete brings the knee and leg back to regain plank position. It is allowed to bring up the other leg once the heel of the raised leg passed the standing legs' knee. The last repetition ends with the athlete back in 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
- Pull one knee up, past the sternum
- Bring the leg back towards plank position
- Switching legs is allowed once the heel of the raised foot passes the knee of the standing leg
- Complete the last rep at full arm extension and in plank position



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ROUNDS	MOUNTAIN CLIMBERS	SINGLE UNDERS	ROUND OF
1	20	40	20
2	65	90	25
3	120	150	30
4	185	220	35
5	260	300	40
6	345	390	45
7	440	490	50
8	545	600	55
9	660	720	60
10	785	850	65
11	920	990	70
12	1065	1140	75
13	1220	1300	80
14	1385	1470	85
15	1560	1650	90