



Qualifier 19.2 Scaled



12 min EMOM for Max Reps

Team Member 1	Team member 2
20 Single Unders	20 Single Unders
8 Box Jumps 24"/20"	8 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B
20 Single Unders	20 Single Unders
10 Box Jumps 24"/20"	10 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B
20 Single Unders	20 Single Unders
12 Box Jumps 24"/20"	12 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B
20 Single Unders	20 Single Unders
14 Box Jumps 24"/20"	14 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B
20 Single Unders	20 Single Unders
16 Box Jumps 24"/20"	16 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B
20 Single Unders	20 Single Unders
18 Box Jumps 24"/20"	18 Box Jumps 24"/20"
Max reps Jumping C2B	Max reps Jumping C2B

*C2B: Chest to Bar Pull Ups

Equipment:

- Speed rope
- Plyo box
- Pull Up rig

Workout standards:

The first team member starts the first minute with 20 single unders, 8 box jumps and max reps jumping chest to bar pull ups while the second team member rests. When the second minute starts, the second member immediately starts his round while the first team member rests. No high five is needed.

Every new round per team member the amount of box jumps go up.

Your score is the total amount of reps for the full workout. That's Single unders and box jumps included.

Movement standards:

Single Unders

For scaled divisions, this is the standard Single Under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

Box Jumps

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control. Mens height is 24" womens is 20"

Jumping Chest to Bar Pull Ups

For the jumping chest-to-bar Pull Up, the bar should be at least 15 centimeters above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended. At the top, the chest must clearly come into contact with the bar below the collarbone.



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Video standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements 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.



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Round 1	A1	A2
20 Single unders		
8 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

1st min 2nd min

Round 2	A1	A2
20 Single unders		
10 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

3rd min 4th min

Round 3	A1	A2
20 Single unders		
12 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

5th min 6th min

Round 4	A1	A2
20 Single unders		
14 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

7th min 8th min

Round 5	A1	A2
20 Single unders		
16 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

9th min 10th min

Round 6	A1	A2
20 Single unders		
18 Box jumps 24"/20"		
Max reps jumping C2B Pull Ups		

11th min 12th min

Score	
REPS*	

*Your score is the total amount of reps for the full workout.

Team name: _____

Name judge: _____

Signature judge: _____

Signature athlete 1: _____

Signature athlete 2: _____