

WheelWOD Q21.3 SCORECARD



Q21.3 - 5-REP-MAX FRONT / BACK SQUAT (Bench Press - seated)

Establish a 5-rep-max squat

Time cap: 10 minutes

5RM	Weight in lbs.
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Notes

- Athletes may make as many attempts as desired during the 10mins
- Athletes may finish an attempt if the bar is taken from the rack prior to the end of the 10mins
- Athletes may have assistance loading weights and racking the barbell if a failed attempt occurs
- Athletes may increase or decrease the weight on the barbell at any time between attempts, even after failing at a higher weight.

Workout instructions

This event begins with the barbell in the rack. Athletes will have 10 minutes from their declared start time to find a 5-rep-max front or back squat/Bench Press. Within the 10-minute window, athletes may make as many or as few attempts as they like.

The athlete's score will be the load (in lb.) of their heaviest successful 5 rep in a row lift. The athlete will total the exact poundage of each pre-vidoeod piece of equipment used for the lift.

Weight plates accepted to use. No lower or partial plates allowed

2.5, 5.0, 10.0, 15.0, 25.0, 35.0, 45.0 & 55.0

Must use collars, collars will not be included in weight

Weights must be filmed individually after final completed lift

5-Rep-Max Result: _____



WHEEL WOOD

Movement Standards

Lower & Neuro Athletes

May Squat to a box set at parallel when they are sitting on it. Athletes must demonstrate this on video before the 10 minute clock starts.

Front Squat

- The athlete's hip crease must clearly meet parallel the top of the knees in the bottom position.
- The bar rests on the athlete's shoulders and their elbows are in front of the bar.

The rep is credited when:

- the athlete's hips and knees are fully extended;
- the bar is resting on the athlete's shoulders and their elbows are in front of the bar; and
- the athlete's feet are in line with one another when the athlete is viewed from profile.

Back Squat

- The athlete's hip crease must clearly meet parallel the top of the knees in the bottom position.
- The bar rests on the athlete's back of shoulders and their elbows are behind the bar.

The rep is credited when:

- the athlete's hips and knees are fully extended;
- the bar is resting on the athlete's back of shoulders and their elbows are behind the bar; and
- the athlete's feet are in line with one another when the athlete is viewed from profile.

Upper, Short Stature & Sensory Athletes

Front Squat

- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The bar rests on the athlete's shoulders and their elbow(s) are in front of the bar.

The rep is credited when:

- the athlete's hips and knees are fully extended;
- the bar is resting on the athlete's shoulders and their elbow(s) are in front of the bar; and
- the athlete's feet are in line with one another when the athlete is viewed from profile.

Back Squat

- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The bar rests on the athlete's back of shoulders and their elbows are behind the bar.

The rep is credited when:

- the athlete's hips and knees are fully extended;
- the bar is resting on the athlete's shoulders and their elbows are behind the bar; and
- the athlete's feet are in line with one another when the athlete is viewed from profile.

Seated 1 & 2

Bench Press

The movement is performed laying on a horizontal bench with the athlete moving the bar off the racks and lowering the bar down to the chest, pausing the weight, and then pressing the bar upward to a locked out position. Athletes may receive help with lifting the bar off the rack.

The lift will need to have these in place to be considered successful rep.

- Feet are flat on the floor or legs extended strapped to the bench
- Buttocks in contact with the bench
- Shoulders in contact with the bench
- Head in contact with the bench
- Arms/elbows locked
- Thumbs around the bar

The athlete must bring the bar in contact with their chest, pausing 1 sec with control and then at that point the bar can be pressed upward.

The rep is credited when:

- when the arms/elbows are locked,
- The weight is above the chest thumbs around the bar. Lifts that are not in control and bounced off the athletes chest with no pause will be considered a no rep

Q21.4 3,000m Row with 1,000m score



Row 3,000 meters for time with a separate score for the first 1,000m time of the total 3,000m

Some division distances vary - check your distance per classification

Time cap: none

NOTES

This event begins with the athlete seated on the rower with the paddle in the handle hook. The judge will set the rower to count down from 3,000 m. The athlete begins when ready.

The athlete's score is the total time taken to complete the row, as well a separate score for the time it took to complete the first 1,000m of the 3,000 total.

NOTE:

Seated 1&2, Neuro and short stature will Row 2,000m with a separate score for initial 500m.

Instructions for setting up the rower

1. Turn on Rower
2. Press "Select Workout"
3. Press "New Workout"
4. Press "Intervals"
5. Press "Intervals: Variables"
6. Press "Distance"
7. Move it to 1,000m and Rest Time at 0:00
8. Press "check Mark"
9. Press "Distance" for 2nd interval
10. Set Distance to "2,000m"
11. Press "Check Mark"
12. Press "No more Intervals"
13. Begin row when ready

Q21.4 3,000-M ROW

Row 3,000 meters for time - Upper, Lower, Sensory

Time cap: 20 minutes

3,000-M ROW
1,000m Time: _____
3,000m Time: _____

Athlete Name _____

Row 2,000 meters for time : Seated 1&2, Neuro & Short stature

Time cap: 20 minutes

2,000-M ROW
500m Time: _____
2,000m Time: _____

Athlete Name _____