QUALIFIER / WORKOUT 1

12-MINUTE AMRAP

MOVEMENT	REPS
50-ft Shuttle Runs	9
Single-Dumbbell Box Step-Ups	15
Alternating Dumbbell Snatches	21

45 REPS PER COMPLETE ROUND

PRESCRIBED EQUIPMENT

	WOMEN	MEN
Dumbbell	10 kg	15 kg
Box	20 in	24 in

SCORING & TIEBREAK

Score = total valid reps completed before 12:00. Higher is better. One 50-ft shuttle (25 ft out + 25 ft back) = 1 rep.

Record one tiebreak immediately after **Round 3 / 135 cumulative reps**. For equal primary scores, lower applicable tiebreak ranks better.

OFFICIAL JUDGE SCORECARD

ROUND	SHUTTLES	STEP-UPS	SNATCHES	CUM.	TIME / NOTES
1	9	15	21	45	
2	9	15	21	90	
3	**9**	**15**	**21**	**135**	**TB ____:____**
4	9	15	21	180	
5	9	15	21	225	
6	9	15	21	270	
7	9	15	21	315	
8	9	15	21	360	

Completed full rounds	_____
Additional reps	_____
FINAL SCORE - TOTAL REPS	_____
ROUND 3 TIEBREAK	_____ : _____

MOVEMENT STANDARD

50-FT SHUTTLE RUN



25 FT OUT + 25 FT BACK = 1 REP

GOOD REP	NO-REP EXAMPLES
Both feet and one hand touch the ground beyond each designated line before changing direction. Return to the start line with the same contact to complete the rep.	Turning early; one/both feet not beyond line; hand does not touch beyond line; incomplete return contact.

MOVEMENT STANDARD

SINGLE-DUMBBELL BOX STEP-UP

GOOD REP	NO-REP EXAMPLES
Both feet supported on top of the box with hips and knees fully extended. DB held in a controlled position above the waist. Alternating legs not required.	Only one foot established on box; incomplete hip/knee extension; loss of control before finish; incorrect prescribed equipment.

MOVEMENT STANDARD

ALTERNATING DUMBBELL SNATCH

GOOD REP	NO-REP EXAMPLES
Both DB heads begin on floor. One continuous floor-to-overhead movement. Full arm lockout overhead with hips/knees extended. Alternate arms after each successful rep.	Only one DB head touches floor; DB stops/rests on shoulder on way up; incomplete lockout; incomplete body extension; failure to alternate after successful rep.