

Presented by



# Workout 1

Pairs (RX & Scaled Scorecard)

Team Name: \_\_\_\_\_

## WORKOUT 1

10 ROUNDS:

15 Hang KB Snatch  
45 Double Under

Time Cap:

10 Minutes

Rounds	Reps	Markings
Round 1	<b>15 / 45</b>	
Round 2	<b>15 / 45</b>	
Round 3	<b>15 / 45</b>	
Round 4	<b>15 / 45</b>	
Round 5	<b>15 / 45</b>	
Round 6	<b>15 / 45</b>	
Round 7	<b>15 / 45</b>	
Round 8	<b>15 / 45</b>	
Round 9	<b>15 / 45</b>	
Round 10	<b>15 / 45</b>	

## EQUIPMENT:

Male: 24kg  
Female: 16kg  
Skipping Rope

## SCALING:

Male: 16kg  
Female: 12kg  
Single Under  
Clean & Press

**Total Rounds & Reps at 10 Minutes** \_\_\_\_\_

**Time Completed** \_\_\_\_\_

Team Captain Name: \_\_\_\_\_

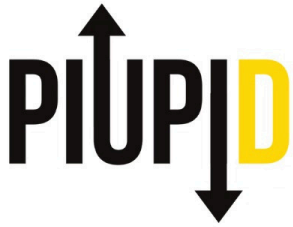
Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.





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# Workout 1

## Pairs (RX & Scaled Scorecard)

### WORKOUT 1

10 ROUNDS:

15 Hang KB Snatch  
45 Double Under

Time Cap:

10 Minutes

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Pairs will take turns to complete 10 rounds of 15 Hang Kettlebell Snatch and 45 Double Unders, there is no permitted order, only that the rounds are alternated
- The Athlete not working is not allowed to touch their kettlebell until the 45 Double Under reps have been completed
- RX Males will use the 24kg KB and the Scaled Males will use 16kg KB
- RX Females will use 16kg KB and the Scaled Females will use the 12kg KB
- Scaled AND RX Athletes CAN Clean & Press/Jerk the Kettlebell
- Deadlift the Kettlebell to the hips before dropping to the Hang Position
- After each rep the Kettlebell MUST drop below Hip level
- The rep is achieved when Knees, Hips, Shoulders and Elbows are ALL locked out
- Athletes are not obliged to change arms, all reps can be done with one arm
- Kettlebells are to be placed down NOT Dropped, Judge will stop pair for a 10 Second Penalty if Kettlebell is dropped from overhead
- RX can only be Double Unders
- Scaled can only be Single Unders
- Double Under reps are credited once the rope successfully passes under foot twice
- Single Under reps are credited once the rope successfully passes under foot once
- Once 10 rounds are completed Athletes will cross the finish line for their time
- If less than 10 Rounds are completed the score will be completed Rounds and Reps
- There are 60 Reps per round
- Score sheets must be signed by one of the pair

### EQUIPMENT:

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Skipping Rope

### SCALING:

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Female: 12kg  
Single Under  
& Clean & Press

IN SUPPORT OF **KSS**   
**AIR AMBULANCE CHARITY**  
KENT SURREY SUSSEX