

KILL CLIFF®

GRANITE GAMES

2016

WEEK 2 – QUALIFIER WORKOUT 2

— 17 MIN AMRAP —

Athlete Name: _____ Division Competing: _____

Reps

50 Calorie Row	50	50 Calorie Row	650	50 Calorie Row	1250
50 Wall Ball Shots	100	50 Wall Ball Shots	700	50 Wall Ball Shots	1300
50 Shoulder to Overhead	150	50 Shoulder to Overhead	750	50 Shoulder to Overhead	1350
50 Box Jumps	200	50 Box Jumps	800	50 Box Jumps	1400
50 Calorie Row	250	50 Calorie Row	850	50 Calorie Row	1450
50 Wall Ball Shots	300	50 Wall Ball Shots	900	50 Wall Ball Shots	1500
50 Shoulder to Overhead	350	50 Shoulder to Overhead	950	50 Shoulder to Overhead	1550
50 Box Jumps	400	50 Box Jumps	1000	50 Box Jumps	1600
50 Calorie Row	450	50 Calorie Row	1050		
50 Wall Ball Shots	500	50 Wall Ball Shots	1100		
50 Shoulder to Overhead	550	50 Shoulder to Overhead	1150		
50 Box Jumps	600	50 Box Jumps	1200		

Presented By:



Sponsored By:



Total Reps

QUICK GUIDE (Men/Women)

AsRX & 35-44

20lbs –10ft /14lbs –9ft
115lbs /85lbs
24in /20in

Masters 45-49

20lbs –10ft /14lbs –9ft
105lbs /75lbs
24in /20in

Teen, Masters 50-55+ & Scaled

20lbs –9ft /10lbs –9ft
95lbs /65lbs
24in /20in



WEEK 2 – QUALIFIER WORKOUT 2

6.16.16 7 PM CDT – 6.20.16 7 PM CDT

AsRX, Masters 35-44

17 minutes:

- 50 calorie row
- 50 wall ball shots
- 50 shoulder to overhead
- 50 box jumps

Men:

- 20lb ball – 10ft target
- 115lb Shoulder to Overhead
- 24" Box

Women:

- 14lb ball – 9ft target
- 85lb Shoulder to Overhead
- 20" Box

Masters 45-49

17 minutes:

- 50 calorie row
- 50 wall ball shots
- 50 shoulder to overhead
- 50 box jumps

Men:

- 20lb ball – 10ft target
- 105lb Shoulder to Overhead
- 24" Box

Women:

- 14lb ball – 9ft target
- 75lb Shoulder to Overhead
- 20" Box

Teen, Masters 50-54, 55+

17 minutes:

- 50 calorie row
- 50 wall ball shots
- 50 shoulder to overhead
- 50 box jumps

Men:

- 20lb ball – 9ft target
- 95lb Shoulder to Overhead
- 24" Box

Women:

- 10lb ball – 9ft target
- 65lb Shoulder to Overhead
- 20" Box

Scaled

17 minutes:

- 50 calorie row
- 50 wall ball shots
- 50 shoulder to overhead
- 50 box jumps

Men:

- 20lb ball – 9ft target
- 95lb Shoulder to Overhead
- 24" Box

Women:

- 10lb ball – 9ft target
- 65lb Shoulder to Overhead
- 20" Box

EQUIPMENT

To complete this workout you will need:

- Rower that counts calories, similar in type and calibration to a Concept 2
- Medicine ball of appropriate weight for your division / gender
- A wall mark or target set at the specified height for wall ball shots
- One barbell
 - *For the purpose of this competition, 15-kg barbells will be considered to be 35 lb., and 20-kg barbells will be considered to be 45 lb.*
- Plates
- Collars
- Box of the appropriate height for your gender

NOTES

This workout begins with the athlete seated on the rower and the monitor set to zero calories. At the call of GO, the athlete will grab the handle and begin rowing. Once 50 calories have been rowed, the athlete will move to the medicine ball for 50 wall ball shots. Once 50 wall ball shots are completed, the athlete will move to the barbell for 50 shoulder to overheads. Once the 50 shoulder to overheads are completed, the athlete will move to the box for 50 box jumps or step ups. When all movements are completed, the athlete will return to the rower where the monitor must be reset to zero before beginning.

All athletes should review workout standards, movement and load variations specific to their division. Your score for this workout will be the total number calories and repetitions completed in the 17 minute cap



WEEK 2 – QUALIFIER WORKOUT 2

6.16.16 7 PM CDT – 6.20.16 7 PM CDT

MOVEMENT STANDARDS

ROW

The athlete may begin the workout seated in the rower, but may not grab the handle until the call of “go.” The athlete must remain on the rower until the display reads 50 calories. Coasting over the required work **IS ALLOWED**, however the athlete cannot make an attempt to get off the rower such as unstrapping the feet or standing up until the display reaches 50 calories. The monitor must be set to zero at the beginning of each round. Either the athlete or the judge may reset the monitor.

WALL BALL

The movement begins with the medicine ball on the ground. The ball must be taken from the bottom of a squat, hip crease clearly below the knee, and thrown to hit the specified target. The rep is counted when the center of the ball clears the required height line and makes contact with the target. If the ball drops to the ground, it must come to a full stop before the athlete can pick it up for the next rep. Catching the ball off the bounce into the next rep is **NOT ALLOWED**.

If the ball hits the bottom edge of the target or does not hit the target at all, it is a **NO REP**.

If the athlete’s hip crease does not clearly reach below parallel, it is a **NO REP**.

SHOULDER TO OVERHEAD

The barbell begins on the ground. Use of a rack is **NOT ALLOWED**. Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out over the center of the body. A shoulder press, push press, push jerk and/or split jerk may be used, as long as the weight is fully locked out overhead with the hips, knees and arms fully extended with the bar directly over the middle of the body and the feet back in line with the hips.

If the athlete uses a split jerk, failure to return the feet to center before lowering the bar will result in a **NO REP**.

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 up, step up, jump down, or step down as long as both feet start on the ground and both feet end on the box and in control.

Reaching full extension in the air while jumping down will result in a **NO REP**. Failure to extend the hips and knees at the top will also be a **NO REP**.

VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our [FAQ page](#) for details on the video submission process for top qualifying athletes after the Qualifier is complete.

Prior to starting the workout, state your name and division. Film plates, barbell and medicine ball that will be used so that the loads can be clearly seen, as well as the height of the box and the wall ball target. All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Shoot the movements from an angle that allows a clear confirmation that: 50 calories are rowed, proper lockout is being achieved on the shoulder to overheads, proper depth and target is being hit on the wall ball shots, and proper extension and control are maintained on the box jumps.

Depending on the layout of your gym, another person may need to move the camera during the workout so it is clear all standards are being met for each movement. This includes being able to clearly see the monitor of the rower set to zero at the start and at least 50 calories prior to moving to the wall ball shots. The athlete **MUST** remain in the frame through the entire workout.

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.