



"TIG13" WARRIOR WORKOUT

17:00 CST, Friday, Sept. 10 through
17:00 CST, Sunday, Sept. 13, 2020

Please email scoresheet to battlefieldfoundation@gmail.com no later than 17:00 CST Sunday, Sept. 13, 2020. Scores submitted after this time will not be included in final processing.

THE WORKOUT

"TIG13"

Complete as many rounds as possible in 60 minutes of:

- 13 Push-Ups
- 13 Sandbag Bent Over Rows
- 13 Sandbag Swings
- 13 Sit-Ups
- 13 Sandbag Thrusters
- 13 Box Step-Ups
- 13 Lateral Sandbag Burpees
- 13 Sandbag Pull-Throughs
- 13 Sandbag Over the Shoulder Throws
- 13 Mountain Climbers
- 13 Sandbag Shoulder to Shoulder Push Press
- 13 Air Squats
- 200m Sandbag Carry

VARIATIONS

RX'd

Men: 75-lb. Sandbag, 24-in. Box
Women: 50-lb. Sandbag, 20-in. Box

RX'd Juniors (under 18)

Men: 35-lb. Sandbag, 20-in. Box
Women: 25-lb. Sandbag, 16-in. Box

Scaled

Men: Less than 75-lb. Sandbag, Less than 24-in Box
Junior Men: Less than 35-lb. Sandbag, Less than 20-in. Box
Women: Less than 50-lb. Sandbag, Less than 20-in. Box
Junior Women: Less than 25-lb. Sandbag, Less than 16-in. Box



NOTES

Movements marked with "Sandbag" should include the Sandbag in all reps of the movement. Movements not marked with "Sandbag" will be done with bodyweight only.

To start the workout, all athletes should be standing upright on the floor with hands by the sides. On the start signal, athletes may drop to the floor to begin their first push-up. After the athlete completes 13 reps of the first movement, they will move to the next movement until all movements have been completed. When the athlete returns from the sandbag carry they will have completed 1 full round and should begin again on the first movement. This should be continued until time is up. All movements in this workout are a 1:1 rep count meaning every time the athlete completes a movement at full range of motion they will receive 1 rep. Unilateral movements (ex. Box Step-Ups, Pull-Throughs, Over the Shoulder Throws, Mountain Climbers and Shoulder to Shoulder Push Press) will have an odd count per round and should be counted as Right = 1 Rep, Left = 1 Rep, etc. The 200m Sandbag Carry will be counted as 1 Rep. If an athlete is still on the course when the time cap hits the athletes will not receive a Rep for that effort.

Scores should be submitted with the total number of repetitions completed within the 60-minute time cap.

EQUIPMENT

- 1 Sandbag per athlete (handles are recommended) filled to the proper weight per category
- 1 Box or something to step up on of appropriate height per category
- 200m course (100m out, 100m back) for carry

HONOR CODE

- This event is a fundraiser to support Beyond the Battlefield: The Tieggen Foundation. We expect all participants to abide by the honor code and to only report the scores as performed and as earned. By signing and submitting the scorecard you agree that you have completed all reps as described in this document with proper technique, full range of motion and at the weights stated in your submission.

MOVEMENT STANDARDS

These are recommended standards for full range of motion of each movement. Scaled movements are noted when possible.

Push-Ups

RX'd:

- Chest must touch the ground at the bottom of each rep
- Arms must be fully extended at the top of each rep

Scaled:

- Athletes may go to their knees
- Chest should come as close to the floor as possible

Sandbag Bent-Over Rows

RX'd:

- Bag must touch the torso on each rep
- Arms must be fully extended at the bottom of each rep

Scaled:

- Same as RX'd
- Scale weight accordingly

Sandbag Swings

RX'd:

- While gripping handles of the sandbag, hands must come to eye level (Russian Swings)
- Bag must pass through legs at the bottom of each rep

Scaled:

- While gripping handles of the sandbag, hands must come as close to eye level as possible
- Bag must pass through legs at the bottom of each rep

Sit-Ups

RX'd:

- Feet must be flat on the floor
- Hands must touch the floor behind the athlete's head on the bottom of each rep
- Hands must touch the outside of the athlete's feet at the top of each rep

Scaled (Crunches):

- Feet must be flat on the floor
- Hands must touch the floor behind the athlete's head each rep

- Hands must touch top of knees at the top of the rep, shoulders must come completely off the floor

Sandbag Thrusters

RX'd:

- Hip crease must be below the knee at the bottom of the rep, sandbag resting on shoulders in front rack position
- Hips must be completely open at the top of the movement
- Arms must be straight at the top of the movement with bag overhead

Scaled:

- Same as RX'd
- Scale weight accordingly

Box Step-Ups

RX'd:

- Both hips and knees need to reach full extension at the top of the box
- Athlete must alternate legs with each rep

Scaled:

- Same as RX'd
- Decrease height of box

Lateral Sandbag Burpees

RX'd:

- Both the chest and thighs must touch the ground at the bottom of the movement
- At the top of the movement athlete must jump laterally over the sandbag before starting the next rep

Scaled:

- Chest and thighs do not need to touch the ground at the bottom of the movement, bottom of the movement is considered the plank position
- Athlete may walk feet out to get to the bottom of the movement and back to the starting position
- Athlete may step over the sandbag laterally instead of jumping before starting the next rep

Sandbag Pull-Throughs

RX'd:

- Athlete must be in the plank position with legs straight

- Only one arm at a time should be used to pull the bag completely underneath the athlete to the other side

Scaled:

- Athlete may drop to their knees
- Only one arm at a time should be used to pull the sandbag completely underneath the athlete to the other side

Sandbag Over the Shoulder Throws

RX'd:

- Sandbag must go from the ground and be thrown from the front of the body over one shoulder to land behind the athlete
- Each rep starts from the ground

Scaled:

- Same as RX'd
- Scale weight accordingly

Mountain Climbers

RX'd:

- These are performed in a plank position
- Hips should maintain neutral position (not drop below or pike above straight line from heels to shoulders)
- Each knee should come up to meet the respective elbow level (does not have to touch) for each rep
- Reps should be done with a high cadence

Scaled:

- Hips should maintain neutral position (not drop below or pike above straight line from heels to shoulders)
- Each knee should come up as close as possible to the respective elbow level (does not have to touch) for each rep
- Reps may be done with a slower cadence

Sandbag Shoulder to Shoulder Push Press

RX'd:

- Sandbag must start resting on one shoulder
- Sandbag must pass directly overhead with arms straight at the top of the movement as the athlete transfers the sandbag to the opposite shoulder
- A dip (small jump) is recommended to assist getting the bag overhead but a strict shoulder press is also acceptable

Scaled:

- Same as RX'd
- Scale weight accordingly

Air Squats

RX'd:

- Hip crease must be below the knee at the bottom of the rep
- Hips and knees must be fully extended at the top of the rep

Scaled:

- Same as RX'd

Sandbag Carry

RX'd:

- Athlete may run or walk
- Sandbag may be carried by any method but must stay with the athlete the entire time

Scaled:

- Same as RX'd
- Scale weight accordingly