



## QUALIFIER WORKOUT 26.2

### For time

(11 min Timecap)

1 round of

22 cal Row

66 Double Under

33 lateral Burpees over the rower

66 Double Under

22 cal Row

### Elite and RX/Master 35+/Intermediate

As prescribed above

### Scaled

Single Under (instead of Double Under)

**Score is your time (or Reps if you hit the Timecap)**



## Preparation

### Video Standards

During the entire workout, the athlete must remain clearly visible on camera at all times. The athlete may not leave the camera frame for any reason.

The camera must be positioned behind the RowErg

- The Camera must be close enough to the row erg to ensure a clear visibility towards the screen to see the calories, its is highly recommended to use screen variation where the calories are shown with a big number, it is allowed that another person is lifting the camera and moving it closer to the screen to ensure that the calories are clearly readable for the online judges. Also ensure that the backlight is turned on.
- The double under must be performed next to row erg
- Please film in a 16:9 format to ensure enough space next top the row erg for the burpees and the double under

### Video Resolution

All videos must be recorded in a minimum resolution of 1080p (Full HD). Most modern smartphones can record in 4K, which is strongly recommended. Before recording, check your camera settings and ensure that the video quality is set to either:

- 1080p (Full HD), or
- 4K

Videos recorded in 720p (HD) or lower will not be accepted.

Video upload, make sure you upload the video in the highest quality possible. If you have music in the background, make sure to mute the video to prevent any right claims. It is the responsibility of the athlete to provide a valid video link. By participating in the qualifier, the athlete accepts that workouts will be set to 0 if video links do not work. Please double check once you have uploaded your video.

## Allowed Equipment

The following equipment may be used:

RowErg



- Concept2 RowErg is the only permitted RowErg. Any other use of a different brand will result in a DNF for this workout

### Jump rope

- Any jump rope is permitted

### **Mandatory Equipment Verification**

- RowErg Screen for the calories

Failure to clearly show the Calories on during the video will result in an automatic **major penalty of 15%**.

## Workout Flow

### **Start Position**

Before the workout begins, the athlete may sit on the RowErg without touching the handles. On the call "3 - 2 - 1 - GO" the athlete starts with his first set of 22 calories, once the screen clearly shows 22 calories the athlete is allowed to step off the rower to perform 66 double under (Scaled: Single under). Once completed the athlete continues with 33 lateral burpees over the rower followed by another set of 66 double under and the workout is finished when the athlete completes another set of 22 calories on the rower. The workout ends when the rower display hits 22 calories.

## Movement Standards

### Double under

This is the standard Double Under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

### No Rep:

- Athlete did a single under
- Athlete failed an attempt of a double under

### Single under

- The rope has to pass once under the feet for each jump to count as a rep
- Only successful jumps are counted, not attempts.



## Row

- Start Position: Athlete strapped onto rower, hands off the handle
- Finish Position: Athlete strapped, hands on the handle when monitor reads respective calories/power output. Coming off the rower too early will result in a **5 second penalty**.

## Lateral Burpee over RowErg

- Start: Athlete is standing tall next to the rower. From here they either jump or step back until chest and thighs are on the ground at the same time at some point
- From there the athlete either steps up or jumps up

## Lateral Jump Requirements

- No two foot take is required
- At least once both feet need to be in the air not touching the RowErg, otherwise it will count as a no rep
- The jump must be over the row erg rail, the jump **cannot** be behind the rower
- No two foot landing required



**Qualifier Workout 26.2**  
**For Time (11min TC)**  
**Score: Time (or Reps if you hit the Timecap)**

22 cal Row
22
22

66 Double/Single Under						
10	10	10	10	10	10	6
32	42	52	62	72	82	88

33 lateral Burpees over the rower						
5	5	5	5	5	5	3
93	98	103	108	113	118	121

66 Double/Single Under						
10	10	10	10	10	10	6
131	141	151	161	171	181	187

22 cal Row
22
209

Time:	
or Reps:	



is equipped by

