



## BOWLING ALLEY

### AMRAP 8 MINS

50 Wall Balls

50 Double Unders

(\* ) Change Athlete after each Round

*♀ 14-lb (6 kg) medicine ball, 10-foot target*

*♂ 20-lb (9 kg) medicine ball, 10-foot target*



### SCALED

♀ 10-lb (4 kg) medicine ball, 10-foot target

♂ 14-lb (6 kg) medicine ball, 10-foot target

Option 1:

25 Double Unders

Option 2:

75 Single Unders

Scaled teams can select Option 1 or 2. All athletes must do the same Option during the entire workout. Every double under will score 3 points

### EQUIPMENT

1 Jumping Rope

2 Wall Balls ( RX: 20 / 14 lbs ) (Scaled 14 / 10 lbs)

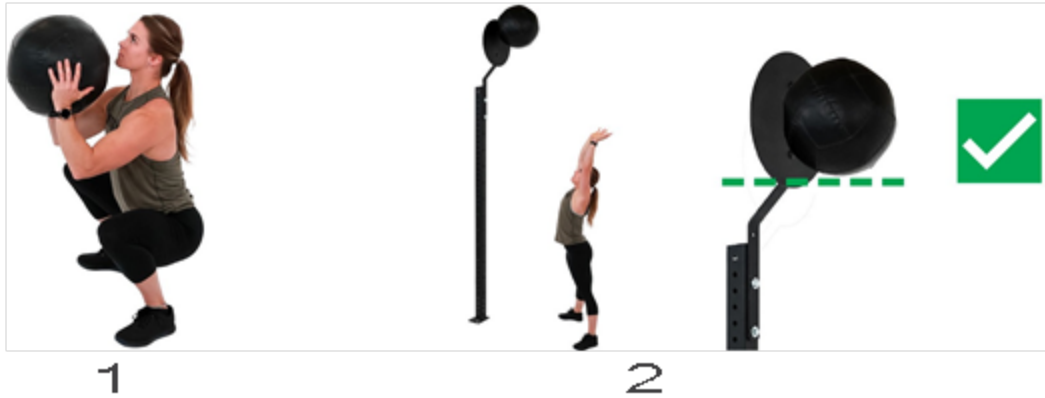
### NOTES:

- Workout Starts with All 3 Athletes behind the designated lane
- Athlete 1 runs to the wall ball area to start the set of wall balls.
- Once athlete 1 completes a full round of wall balls and double / single unds runs back to the designated lane to tag the next athlete.
- Teams are allowed to choose whatever order they want for the athletes.
- All 3 Athletes must complete 1 round before any of them can attempt a second one.
- Order of athletes must be kept for the subsequent rounds. For example, if they choose, M1-F-M2, the next athlete for round 4 must be M1
- Athletes must bring their own jumping rope.
- **THE TARGET HEIGHT WILL BE THE SAME FOR MALE AND FEMALE ATHLETES BOTH SCALED AND RX**



## WALL BALLS

### REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
  - A squat clean is allowed, but not required, to start a set.
  - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

### COMMON NO REPS

NOTE: This list is not exhaustive.



Squatting at or above parallel.



The ball hitting low on the target



The ball not making contact with the wall target

### ADDITIONAL

Allowing the ball to drop from the target and catching it on the bounce/rebound



## STANDARDS

### DOUBLE UNDERS



#### REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

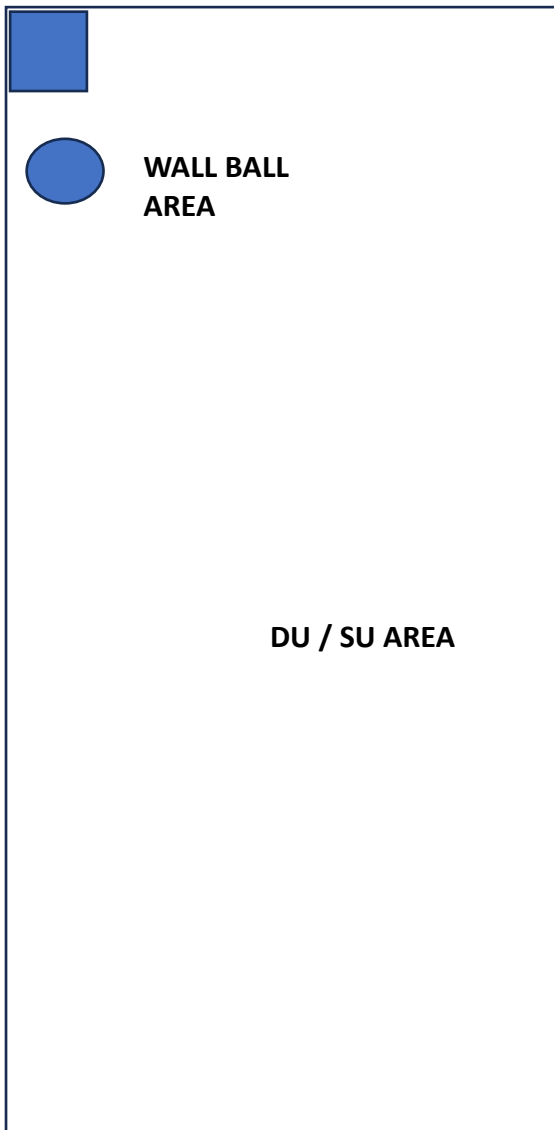
#### COMMON NO REPS

NOTE: This list is not exhaustive.

- Crediting attempts instead of successful reps.
- Spinning the rope backward.



**TARGET**



**ATHLETES WAIT LINE**



**SCORE CARD**  
**BOWLING ALLEY**



**AMRAP 8 MINS**  
50 Wall Balls  
50 Double Unders

(\*) Change Athletes after each Round

♀ 14-lb (6 kg) medicine ball, 10-foot target  
♂ 20-lb (9 kg) medicine ball, 10-foot target

AMRAP 8 MINS	WALL BALLS	DOUBLE UNDERS	
ROUND 1 : ATHLETE 1	50	100	TIE BREAK TIME
ROUND 2: ATHLETE 2	150	200	
ROUND 3: ATHLETE 3	250	300	
ROUND 4: ATHLETE 1	350	400	
ROUND 5: ATHLETE 2:	450	500	
ROUND 6: ATHLETE 3:	550	600	
<b>TOTALSCORE AT TIME CAP</b>			

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_

SCORE: \_\_\_\_\_ REPS

TIE BREAK TIME: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_

**EVENT 2**

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE : \_\_\_\_\_ REPS / TIE BREAK TIME: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.

Judge Signature: \_\_\_\_\_



**SCORE CARD**  
**SCALED**  
**BOWLING ALLEY**



- 1 DU= 3 Reps
- 2 DU= 6 Reps
- 3 DU= 9 Reps
- 4 DU=12 Reps
- 5 DU=15 Reps
- 6 DU=18 Reps
- 7 DU=21 Reps
- 8 DU=24 Reps
- 9 DU=27 Reps
- 10 DU = 30 Reps
- 11 DU = 33 Reps
- 12 DU = 36 Reps
- 13 DU = 39 Reps
- 14 DU = 42 Reps
- 15 DU= 45 Reps
- 16 DU = 48 Reps
- 17 DU= 51 Reps
- 18 DU=54 Reps
- 19 DU=57 Reps
- 20 DU=60 Reps
- 21 DU=63 Reps
- 22 DU=66 Reps
- 23 DU= 69 Reps
- 24 DU=72 Reps
- 25 DU=75 Reps

AMRAP 8 MINS	WALL BALLS	DOUBLE / SINGLE UNDERS	
ROUND 1 : ATHLETE 1	50	125	TIE BREAK TIME
ROUND 2: ATHLETE 2	175	250	
ROUND 3: ATHLETE 3	300	375	
ROUND 4: ATHLETE 1	425	500	
ROUND 5: ATHLETE 2:	550	625	
ROUND 6: ATHLETE 3:	675	750	
<b>TOTALSCORE AT TIME CAP</b>			

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE: \_\_\_\_\_ REPS  
TIE BREAK TIME: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_

**EVENT 2**

TEAM NAME: \_\_\_\_\_ RX: \_\_\_\_\_ SCORE : \_\_\_\_\_ REPS / TIE BREAK TIME: \_\_\_\_\_

JUDGE NAME: \_\_\_\_\_ Team Captain Signature: \_\_\_\_\_

I confirm the information above accurately represents the Team's performance for this Workout.  
Judge Signature: \_\_\_\_\_