SWISS
FITNESS
CHALLENGE

SWISS FITNESS CHALLENGE 2023
ONLINE

QUALIFIER 2

22.09.2023 – 02.10.2023

STANDARDS AND SCORESHEET

QUALIFIER 2

Beginner	Master	Advanced
For Time	For Time	For Time
Timecap: 15 minutes	*Timecap: 15 minutes*	*Timecap: 15 minutes*
1000/800m Row	1000/800m Row	1000/800m Row
100 Single Unders	100 Double Unders	100 Double Unders
500/400m Row	500/400m Row	500/400m Row
50 Single Unders	50 Double Unders	50 Double Unders
EMOM	*EMOM*	*EMOM*
3 Burpees over Rower	*3 Burpees over Rower*	*3 Burpees over Rower*

FILMING RECOMMENDATIONS

- Film the monitor of your rower and reset the screen. The monitor must be in frame and clearly visible on the video (during rowing).
- Film the weight of your barbell and your plates.
- Videos must be uncut and unedited to accurately display the performance.
- A clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Title your video with the workout number and your name. Enter the workout and your time/reps in the description.
- You are not allowed to leave the frame at any time.
- Otherwise the video is invalid.

WORKOUT DESCRIPTION

At the start of the fifteen minutes timer, you perform a 1000/800 meter row. (1000m for men and 800m for women) Immediately after finishing the row, you start to perform one hundred single unders or double unders. Continue with 500/400 meter rower (500m for men and 400m for women) and 50 single unders or double unders

Every Minute, excluding (0:00-0:59): You have to complete three burpees over rower. You can proceed with your workout after finishing the three burpees within this minute.
The order of the movements must be followed strictly.

SCORING

Your score is the time to complete the whole workout. If you cannot finish your workout within the timecap of fifteen minutes, you have to add one second per missed rep on top of the timecap (10m row = 1 rep). If you miss five reps, you add five seconds on top of fifteen minutes (15:05).
You have to submit your score until the 2nd of October 2022, 23:59 pm.

You are responsible for making sure your link works. Upload your video to a platform like YouTube or similar. Please make sure your video is public.
Be aware of copyrights on music in the background. It is possible that you will not be able to publish a video or that is blocked after your upload.

MOVEMENT STANDARDS

Rowing

- The athlete starts sitting on the rower but may not grab the handle.
- The monitor must be reset on video.
- The athlete may not touch the handle bevor the start.
- The athlete is not allowed to leave the seat or touch the ground with its feet, before the required meters are shown on the display.

Single unders

- The rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

Double unders

- 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.

Burpee over the rower

- The athlete starts on one side of the rower's slide.
- To complete the burpee, both your chest and thighs must touch the floor.
- Any style of jumping is permitted (facing, lateral)
- The athlete must jump over the rower's slide (both feet in the air at one time).
- The athlete must not do a two foot takeoff and landing.

CONTACT

We recommend that you do not wait until the last minute to enter your score. If you have any problems or difficulties, contact us before the deadline!

info@swissfitnesschallenge.ch

SCORESHEET | QUALIFIER 2

	Man	Woman
1000m / 800m ROW *(10m = 1Rep)*	100	80
100 SINGLE UNDERS or DOUBLE UNDERS	200	180
500m / 400m ROW *(10m = 1Rep)*	250	220
50 SINGLE UNDERS or DOUBLE UNDERS	300	270
TOTAL TIME *(- 1 Rep = + 1 Second on top of Timecap)* **Example:** ***Man with 297 Reps at Timecap of 15 Minutes*** ***Score 2 = 15:03***	SCORE 2 – Timecap 15 minutes	SCORE 2 – Timecap 15 minutes