



STANDARDS

ML 21.1

WOD - 1

ML 21.1

WOD - 1

'DIRTY ROWER'

FOR TIME

20 CLEAN & JERKS

1KM ROW

15 CLEAN & JERKS

750M ROW

10 CLEAN & JERKS

500M ROW

MOVEMENT STANDARDS

CLEAN & JERK:

For every rep the Barbell must start on the ground.

The rep will be completed when the Barbell is locked out overhead with hips, knees and arms fully extended and with feet fully in line under the bar.

Power clean and squat clean are acceptable.

Strict press, push press, push jerk and split jerk are allowed.

ROW:

The monitor on the rower must be set to zero at the beginning of each row and the athletes feet locked in.

EQUIPMENT

- Concept 2 Rower
- Barbell
- Collars
- Appropriate weight for your division/category

NOTES



A LEAGUE FOR EXTRAORDINARY ATHLETES

SCORECARD

ML 21.1

WOD - 1

ML 21.1

WOD - 1

'DIRTY ROWER'

FOR TIME

20 CLEAN & JERKS

1KM ROW

15 CLEAN & JERKS

750M ROW

10 CLEAN & JERKS

500M ROW

'DIRTY ROWER'

20 CLEAN & JERK	5	10	15	20
1KM ROW				
15 CLEAN & JERK	5	10	15	
750m ROW				
10 CLEAN & JERK		5		10
500M ROW				
TIME:				

VARIATIONS

MUSTANG

35-49
M 60kg F 45kg

SPITFIRE

35-49
M 50kg F 35kg

HURRICANE

35-49
M 40kg F 25kg

ATHLETE NAME _____

SCORE _____

16-19 20-29 30-34 **MUSTANG** **SPITFIRE** **HURRICANE**

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 21.1

SIGNATURE _____

DATE _____

ATHLETE NAME _____

SCORE _____

16-19 **20-29** **30-34** **MUSTANG**

SPITFIRE **HURRICANE**

STATE _____

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