2022 SPORTS4VETS THROWDOWN - WEEK 1

WORKOUT
As many rounds and repetitions as possible in 5mins of:
10 Lap-to-Overhead (L2O)
10 Chair Dips

WORKOUT DESCRIPTION
Athletes begin the workout sitting tall position. Athletes will have five (5) minutes to complete as many rounds and repetitions of the workout as possible. Athletes must complete all repetitions of the first movement before moving to the next movement. Athletes may rest as needed but must continue their work where they left off prior to resting.

SCORING
Total repetitions completed in 5mins.
Example: 4 complete rounds plus 5 ground-to-overhead reps = 85 reps

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your rounds and repetitions.

Submit score on Competition Corner
(Link: https://competitioncorner.net/events/6358)

MOVEMENT GUIDANCE
Athletes may consider modifying movements due to ability and to accommodate safe range of motion.

EQUIPMENT
The Lap-to-Overhead movement is the only weighted movement that requires an external load.

Loads do not need to be exactly measured to the prescribed weight, but athletes should try to approximate the weight as close as possible.

Athletes may use any load they have available. Traditional gym weights such as a dumbbell, a kettlebell, or a medicine ball may be used. Use of a barbell is not permitted.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are bagged rice, bagged flour, bagged sugar, or bagged sand.

RISK MITIGATION
Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.
MOVEMENT STANDARDS

LAP-TO-OVERHEAD
Video: https://youtu.be/W44wbWjFQaU
- Every rep begins with the weight on the lap.
- Any variation of a snatch, or clean and press, or curl and press is acceptable.
- Athletes may alternate arms if performing the movement in a single-arm fashion.
- The rep is credited when the weight is overhead, and the athlete is sitting tall with the arm(s) and shoulder(s) at full extension. The weight should be in the frontal plane (over the head and shoulders).
- Touch and go is permitted, but deliberately bouncing the weight off the lap is not permitted.
*Athletes are encouraged to use a lap pad to protect their skin.

MODIFICATIONS
WEIGHT: Reduce weight to match ability. Athletes should be able to perform 10 unbroken lap-to-overhead movements in one set but be still challenged.

RANGE OF MOTION: Athletes may modify range of motion standards by reducing the finish position overhead. Athletes may modify to chest press (horizontal movement) if an overhead movement is unsafe for them.

CHAIR DIPS
Video: https://youtu.be/HWL8j3GD5o
- Every rep begins with the athlete sitting tall in their chair.
- Athletes will press their body using their arms to the dip support position.
- The repetition is credited when the athlete reaches full arm extension in a support position.

MODIFICATIONS
RANGE OF MOTION: Modify to accommodate athlete’s safe range of motion.
As many rounds and repetitions as possible in 5mins of:

**10 Lap-to-Overhead (L2O)**

**10 Chair Dips**

♂ 10lb. weight | ♀ 5lb. weight

<table>
<thead>
<tr>
<th>ROUND</th>
<th>10 LAP-TO-OVERHEAD</th>
<th>10 CHAIR DIPS</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
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</table>

**Total Repetitions:** ____________

Submit score on Competition Corner (link: [https://competitioncorner.net/events/6358](https://competitioncorner.net/events/6358))
OVERVIEW
A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

TRAINING SESSION PLAN

<table>
<thead>
<tr>
<th>TIMELINE</th>
<th>ELEMENT</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>0-5</td>
<td>Session Setup</td>
<td>- Weight that you will use for the lap-to-overhead movement</td>
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| 5-10     | Warm-Up               | **General Warm-Up (1 Round):**  
15s Neck Rolls (each direction)  
15s Shoulder Rolls (forwards/backwards)  
15s Big Arm Circles (forwards/backwards)  
15s Shoulder Twists (internal and external rotations)  
15s Chain Breakers  
15s Arm Back Slaps  
**Specific Warm-Up (2 Rounds):**  
15s Arms-Only Jacks  
15s Dip Support Hold (top position)  
15s Arms-Only Core Twists |
| 15-21    | Training Session      | **3 Rounds:**  
30s Lap-to-Overhead  
30s Rest  
30s Chair Dips  
30s Rest |
| 21-25    | Cooldown & Recovery   | - 3mins: slow movement: walk, manual push, or easy on a cardio machine  
- 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold)  
*Stretch muscle groups used during your session |