

ELFIT
ARAB
OPEN
البطولة العربية للياقة البدنية

ARAB OPEN 24.1
MOTION STANDARDS

PRESENTED BY



EXPLODE
FITNESS EQUIPMENT

PROGRAMMING PARTNER



EVENT ORGANIZED BY



Workout 24.1

AMRAP 16 MINUTES

20/16 Calories Row
12/12 Single Arm hang dumbbell snatch
8 Double hop Burpee Over Rower

The First Arab Open is 24.1

Prior to starting, set up the floor plan as shown. The Dumbbell and Rower may be set up in any configuration as long as they are at 45 degrees from camera with the C2 rower.

Elite Version:

Equipment Setup :

Set up the floor plan as depicted, with the Dumbbell and Rower positioned at a 45-degree angle from the camera with the C2 rower.

Workout Flow:

Athlete begins behind the Rower. Upon the call of "3, 2, 1 ... go," the athlete gets into the rower and starts by rowing 20/16 calories (counting up). Upon completing the calorie requirement, transition to execute 12 Single Arm Hang Dumbbell Snatches in Each Hand. Once the Hang Dumbbell Snatches are completed, return to the Rower station for 8 Double hop Burpees over Rower.

The Athlete will complete this sequence for 16minutes. The athletes score will be the total number of repetitions completed before the 16-minute time cap.

Scaled Version:

Equipment Setup : Same as Elite version.

Workout Flow: Follow the same workout flow as outlined for the Elite version.

Rookies Version:

Equipment Setup : Same as Elite & Scaled versions.

Workout Flow:

Follow the same workout flow as outlined for the Elite & Scaled versions.

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Equipment:

Below equipment applies for all divisions:

- Rower (Concept 2 is a must)
- Dumbbells: please see the below weight chart for all divisions

Individual: Open / 35+ / 40+ / 45+ / U21 Teams: 3M						
Division	Elite		Scaled		Rookies	
Gender	Men	Women	Men	Women	Men	Women
Dumbbell Weight	22.5kg	15kg	15kg	10kg	10kg	7kg

Individual: 50+ / 55+ / 60+ / U19 / U17						
Division	Elite		Scaled		Rookies	
Gender	Men	Women	Men	Women	Men	Women
Dumbbell Weight	15kg	10kg	10kg	7kg	7kg	5kg

Weight Conversion:

The official weight is in Kilograms. For your convenience, the minimum acceptable weights in pounds are as follows.

KG	Min. accepted weight in LBS
22.5 kg	50 lbs
15 kg	33 lbs
10 kg	22 lbs
7 kg	15 lbs
5 kg	11 lbs

EQUIPMENT NOTES:

MUST HAVE:

- Concept 2 Rower
- Dumbbell

CAN USE:

- Tape
- Knee sleeves
- Wristbands
- Weightlifting belt
- Training or weightlifting shoes
- Magnesia/Chalk

CANNOT USE:

- Any kind of grip enhancement strap

MOVEMENT STANDARDS:

Rowing:

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of the row.
- The athlete will start seated on the rower with hands off the handle until after the call of “3, 2, 1 ... go.”
- The athlete must stay seated on the rower with hands on the handle until the monitor reads 20/16 calories.
- If submitting via video, the monitor and calories must be clearly shown to the camera following the row.

Hang Dumbbell Snatch:

- Athlete must deadlift the dumbbell and start snatching for the hang.
- On every snatch, dumbbell must be from the hang position and should not be touching the ground.
- The athlete must lift the dumbbell overhead in one motion.
- The non-lifting hand or arm may NOT make contact with the legs or other parts of the body during the repetition.

Hang Dumbbell Snatch No Reps:

- Athletes start the snatches directly from the floor.
- Athlete do not fully extend on the level of Knees, Hips, and shoulders.
- Athlete do not lock elbows overhead.
- The dumbbell is not clearly over the middle of the athlete's body when viewed from profile.
- Athlete uses any kind of grip on the dumbbell.
- Athletes receive assistance moving or resetting the dumbbell.

Double hop Burpee Over Rower:

- Athlete must start the burpee fully laying on the ground, while Chest touching on the ground.
- Every burpee athlete should jump a double hop jumps over the rower, so that the burpee must be performed on the same side on each time.
- Athlete's Legs must be in the air together at the same time.

Double hop Burpee Over Rower No Reps:

- Athletes lay on the ground without The Chest touching.
- Athletes touching the rower with any part of his body while jumping.
- Athletes perform the burpee with only one jump over the rower.

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Burpees over rower (FOR ROOKIES ONLY)

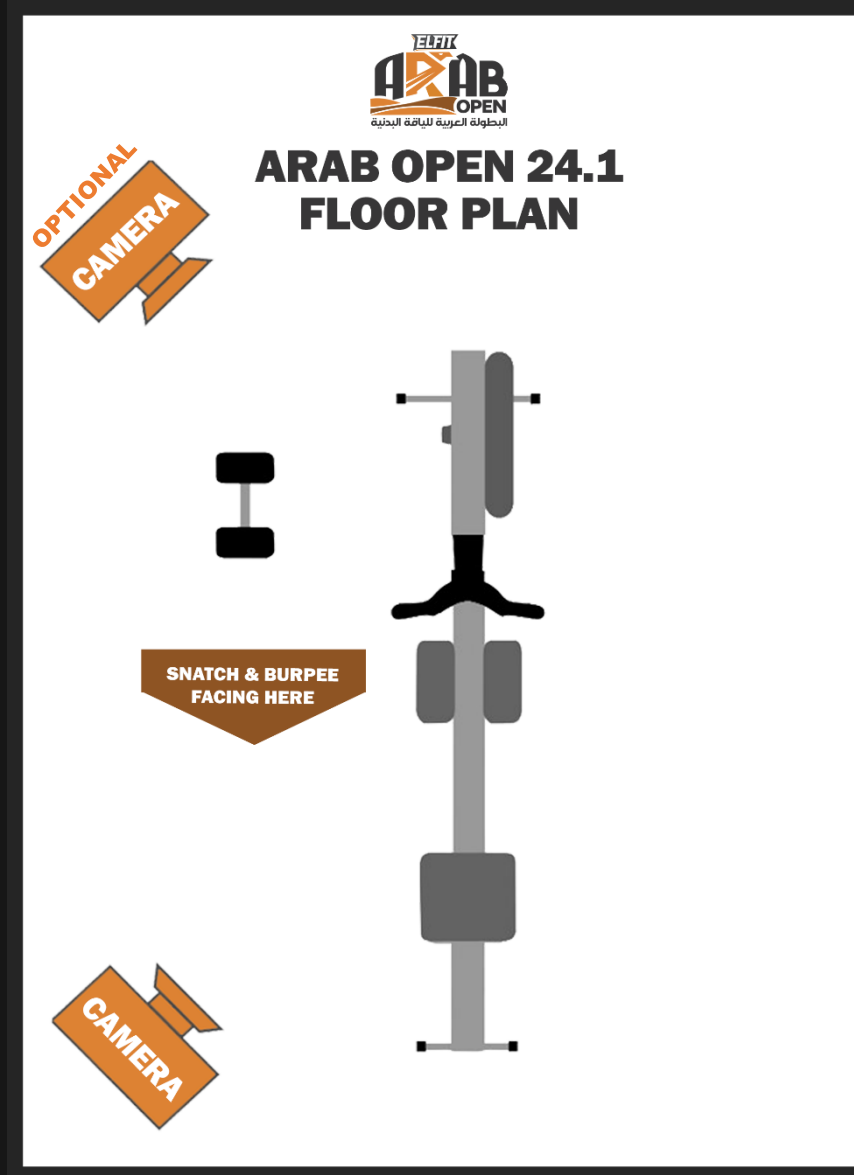
- Athlete must start the burpee fully laying on the ground, while Chest touching on the ground.
- Athlete MAY step up over the rower

Burpees No Reps (FOR ROOKIES ONLY)

- Athletes lay on the ground without The Chest touching.
- Athletes try to stand from the burpee without fully extension

VIDEO SUBMISSION:

Floor Plan:



24.1 MOTION STANDARDS

Submission Standards:

- Prior to starting, film the rower monitor clearly as well as the dumbbell can be seen clearly.
- Before or after each round, the rower monitor must be reset by the judge to zero.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- The clock or timer should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.
- Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

Before starting each workout, the Athlete must do the following:

- Athlete must state name, Judge Name and Box/facility.
- All equipment used must be clearly displayed and measured (Weights, Barbells, plates... ETC.)
- The Athlete, Judge, Timer, and Equipment that will be used must be visible inside the frame of the video during the whole time of the workout.
- You must make sure to read the description to be aware of details

SCORE SUBMISSION DEADLINE

Please make sure to read the full workout description and submit your score in time. 24.1 scores must be submitted before **Tuesday, 19th of March 2024, 11:59 GMT**. No latecomers will be accepted, no matter the reason. In case of questions regarding the workouts, contact support@elfiteg.com. In case of questions regarding the score submission and login issues, contact support@competitioncorner.net

All Athletes must read carefully and follow the ONLINE SUBMISSION GENERAL GUIDELINES section in the ARAB OPEN 2024 Rules Book ([Here](#))

ELFIT ARAB OPEN 24.1

AMRAP 16-MINUTES

20/16 Calories Row

12/12 Single Arm Hang DB Snatches

8 Double Hop Burpee Over Rower

♀ **22.5 kg Dumbbell**
♂ **15 kg Dumbbell**

Individual: Open / 35+ / 40+ / 45+ / U21 Teams: 3M						
Division	Elite		Scaled		Rookies	
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Individual: 50+ / 55+ / 60+ / U19 / U17						
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Dumbbell Weight	15kg	10kg	10kg	7kg	7kg	5kg

ROUND	20/16 CALORIES ROW	12-12 Snatches	8 Double Hop burpees
1			52/48
2			104/96
3			156/144
4			208/192
5			260/240
6			312/288
7			364/336
8			416/384

24.1 SCORECARD

Athlete Name _____

Elite Scaled Rookies

Workout Location _____

Box Name

Judge _____

Judge Name

I confirm the information above accurately represents the athlete's performance for this workout

Athlete Signature

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