



WODLAND FEST - WORKOUT 2

THURSDAY, JANUARY 30, THROUGH 11.59PM CET FRIDAY, FEBRUARY 7

Presented by

RUSTER[®]

FOR TIME:

100 Cal Row
50 Lateral Burpee Over Rower
100 Wallball
50 Lateral Burpee Over Rower

Time Cap: 15minutes

♂ 9 Kg to 10 ft target (20 lb)

♀ 6 Kg to 9 ft target (14 lb)

FLOW

- Start seated on the rower with hands off the handle.
- At the call of "Go," row 100 calories.
- Then, complete 50 Lateral Burpees Over the Rower.
- Move to the med ball and complete 100 Wall Ball Shots.
- Finally, complete another set of 50 Lateral Burpees Over the Rower.
- Time stops at the completion of the final Burpee Over the Rower.

NOTES

- Start the timer at "Go."
- If **time-capped**, your score will be the total number of reps completed.
- There is no tiebreaker in this workout.

EQUIPMENT

- Concept2 Rower. No other type of rower is allowed.
- Medicine Ball* and target.
- 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.
- **The official weight is in kilograms. For your convenience, the minimum acceptable weights in pounds/kilos are 20lb (9kg.) and 14 lb. (6kg.).*

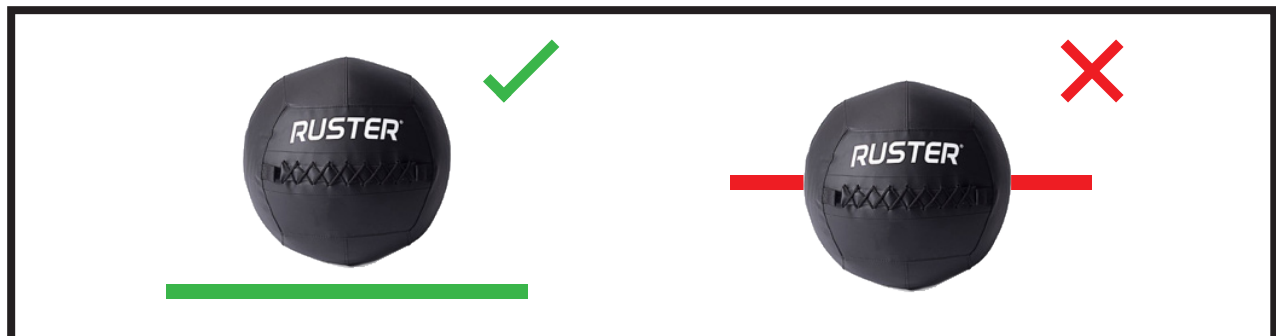
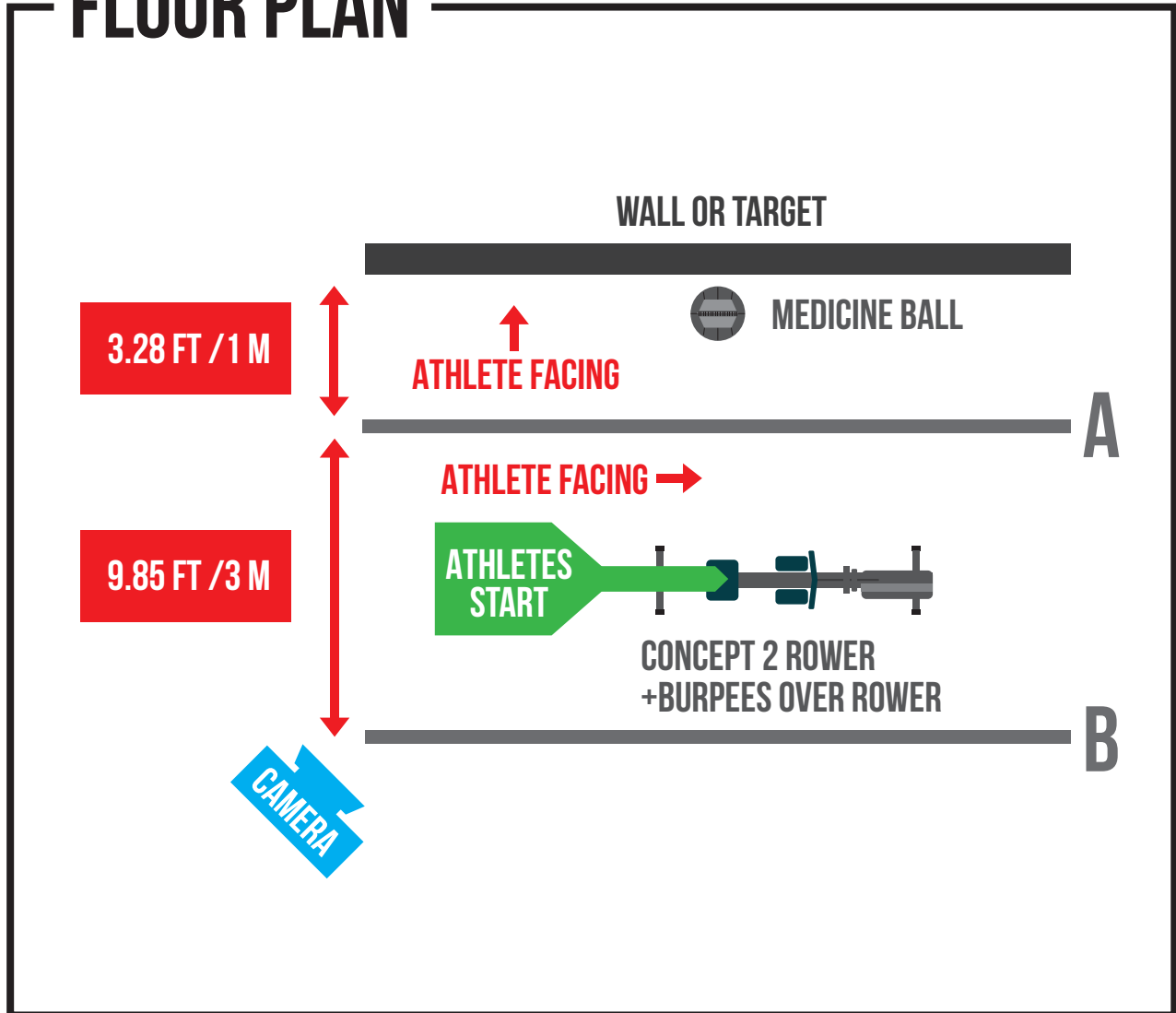


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**WODLAND FEST
QUALIFIER WORKOUT 2**

FLOOR PLAN



• If the ball hits low or does not hit the wall, the rep will not count. (image ref. 2, page 2)



VIDEO SUBMISSION STANDARDS

- Prior to starting, set up the floor plan as shown.
- Film ALL competition area measurements so the distances and weights can be seen clearly. The monitor and calorie count must be clearly visible on camera throughout the video.
- Use the camera placement provided in the floor plan. The camera should capture all of the athlete's movements, including the wall ball at the top position of the movement.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 1 meter off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Do **NOT** use a countdown timer.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Ensure the judge does not obstruct the view of the athlete.

MOVEMENT STANDARDS

CAL ROW

- 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 "go."
- The athlete must stay seated on the rower with hands on the handle until the monitor reads 100 calories.
- The monitor and calorie count must be clearly visible on camera throughout the video.

BURPEES OVER ROWER

- Athletes must use a Concept2 rower.
- The movement starts with the athlete standing on one side of the rower.
- The athlete may jump or step back to reach the bottom position.
- In the bottom position, both the chest and thighs must touch the ground.
- The athlete may step or jump forward to return to the starting position.
- The athlete must jump over the rower with a two-foot takeoff.
 - Touching the rower, jumping with a single leg, or stepping over is NOT permitted.
- The rep is credited when both feet land on the opposite side of the rower.
- Landing with both feet simultaneously is not required.
- If a no rep is given for any reason, the entire repetition must be repeated.

WALL BALL SHOT

- At the start of each rep, the ball must be in the support position in front of the athlete's body.
- Squat until the hip crease is below the knees.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly ABOVE the specified height.
- If the ball hits low or does not hit the wall, the rep will not count. (*image ref. 2, page 2*)
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.
- **Note:** If using a mounted wall-ball target, it is HIGHLY recommended that the BOTTOM of the target be mounted to the appropriate height.

Refer to WODLAND FEST 2025 Rulebook for complete video submission standards.



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100 CALS ROW	100
50 LATERAL BURPEE OVER ROWER	150
100 WALL BALL	250
50 LATERAL BURPEE OVER ROWER	300

Athlete Name _____ **Time OR Reps at 15 Minutes** _____
Print

Workout Location _____ Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

WODLAND FEST - QUALIFIER WORKOUT 2

Athlete Name _____ **Time OR Reps at 15 Minutes** _____
Print

Workout Location _____ Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout _____
Athlete Signature Date