



WCTD 2026 ONLINE SEEDER WORKOUT

SCORES DUE BY 8PM, MONDAY 19 OCTOBER

EVENT 1

For time:

Partner 1:

500m Row

20 Burpees Over the Rower

20 Front Squats (80/60 kg)

Partner 2:

20 Front Squats (80/60 kg)

20 Burpees Over the Rower

500m Row

Time cap: 10 minutes

Workout Variations

SCALED 1:

Barbell weight = 60/45 kg

SCALED 2:

Barbell weight = 45/30 kg

Step Over Rower permitted

WORKOUT FLOW

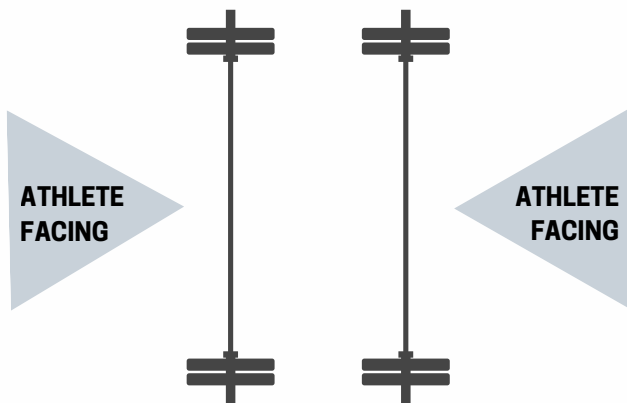
- At 3, 2, 1, Go, Partner 1 will grab the handles on the rower and complete 500m. The athlete may only unclip their feet once the full distance is displayed on the monitor. They will then perform 20 burpees over the rower, before ending on 20 front squats.
- As soon as Partner 1 has completed their 20th front squat, Partner 2 will start on their half of the workout, working through the movements in reverse order – starting on the front squats and finishing on the 500m row.
- Teams may choose to start with either athlete, as long as one goes up the ladder and the other one does the sequence in the reverse order.
- Your score will be your time when Partner 2 finishes the 500m row, or reps completed at the time cap.
- Should athletes need to complete the workout separately, they must still decide on and stick to a workout order (both athletes cannot perform row – burpees – squats and visa versa). A finishing time will be recorded for both athletes and added together for a final score.



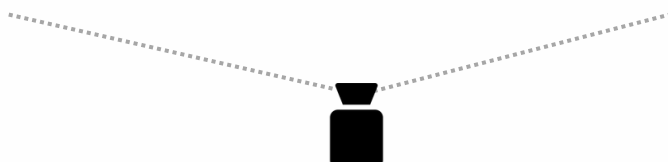
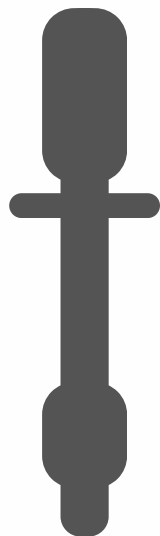
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FLOOR PLAN



* Barbells can also be set up next to the rower as long as all reps are clearly in frame.



IMPORTANT NOTES

- Teams must introduce themselves and show their weights/barbells before the workout begins.
- The clock must remain in frame and visible for the entire video.
- The athlete may only grab the rower handle when the clock starts.
- The rower must be positioned with the monitor facing the camera.
- The athlete may only get off the rower once 500m is displayed on the screen.
- Burpees must be completed facing the camera.
- Front squats must be performed perpendicular (side view) to the camera, with the athlete fully in frame.
- Barbells can also be set up next to the rower as long as all reps are clearly in frame.

Videos will immediately be invalid with any of the following issues:

- No judge is present
- No timer visible
- Weights are not shown prior to the workout
- Athletes perform any movement in the wrong position
- An athlete moves out of the frame at any point
- Camera is positioned where reps are not clearly visible or quality is unclear, making movement standards difficult to judge.



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MOVEMENT STANDARDS

ROW

- At the start of the workout, Partner 1 may only grab the handle once time has started, and may only get off the rower once 500m is clearly displayed on the monitor.
- Time will be taken once Partner 2 completes their 500m row.
- The rower must be positioned with the monitor facing the camera.

BURPEES OVER THE ROWER

- Burpees are performed laterally to the rower.
- Athletes must face the camera when performing burpees.
- The athlete's chest and thighs must be clearly on the ground at the bottom of the rep.
- **RX AND SCALED 1:** A two-foot take-off is not required, however both feet must be clearly in the air at the same time at some point during the jump over the rower.
- **SCALED 2:** Stepping over the rower is permitted.

FRONT SQUATS

- The barbell starts on the ground.
- Athletes must clean the bar up on to the shoulders to start their set of squats. You can squat clean the first rep.
- The hips must clearly descend lower than the vertical line of the knees at the bottom of the rep.
- The rep is credited when the athlete stands up to full extension, with the hips and knees clearly locked out.



West Coast Throwdown 2026 Online Seeder WOD

Team Name: _____

Judge: _____

FOR TIME

Partner 1:
500m Row
20 Burpees Over the Rower
20 Front Squats (80/60 kg)
Partner 2:
20 Front Squats (80/60 kg)
20 Burpees Over the Rower
500m Row

Time cap: 10 minutes

- ☐ **RX (80/60kg)**
- ☐ **SCALED 1 (60/45kg)**
- ☐ **SCALED 2 (45/30kg / Step overs)**

PARTNER 1	ROW	BURPEES OVER ROWER	FRONT SQUATS
	500	520	540
FINISHING TIME: _____			
PARTNER 2	FRONT SQUATS	BURPEES OVER ROWER	ROW
	560	580	1080
FINISHING TIME: _____			

Final Time OR Reps at Time Cap	
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Athlete signature: _____