



DOUBLES DESCENT

RULEBOOK



DOUBLES DESCENT OFFERS 2 DIVISIONS.
THE DIVISIONS DIFFER IN THE USE OF ADDITIONAL WEIGHTS OR BODYWEIGHT
FOR SOME MOVEMENTS.

Workout	Warriors	Gladiators
1000m Ski Erg		
90 Box Step Ups	Bodyweight	2x10kg Dumbbells
80 Burpees		
70 Reverse Lunges	Knee touches pad	Knee touches floor
60 Plate Ground To Overhead	10kg	20kg
500m Row		
40 Press Ups	2 pads (on knees)	2 pads (on toes)
30 Prisoner Get Ups	3kg Med Ball	6kg Med Ball
20 Lengths Farmers Carry	16kg	20kg
10 Lengths Sled Push		25kg

Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest time.

The Workout

Doubles Descent is a 2-person team workout. The workout consists of a descending rep scheme. In order to complete the entire workout, the participants must complete the workout in the designated order (90,80,70 etc) until they have completed the ladder. The reps must be completed together. However, it is up to each doubles team member how far in distance or how many reps he/she completes. The workout follows the principle “I Go, You Go” which means 1 athlete works, while the other rests and vice versa. Therefore only one of the athletes is allowed to be active. Rest times, can be taken as needed – concurrently as well. The station is completed when the entire distance or repetitions are covered.
IGYG Example 1000m Ski:

Athlete 1 starts while Athlete 2 waits. After a self-selected distance (for example 250m) Athlete 1 stops and Athlete 2 continues. Now Athlete 1 rests, and so on. This process is repeated until the entire distance of 1000m is covered.

Workout Rules and Regulations

- Complete all workouts, in the correct order
- Perform each exercise according to the movement standards
- Complete the correct number of repetitions and/or distances.
- Ring the bell to complete the workout

Referees

For each Doubles Team a referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. All decisions of the referee are final.

Movement Standards, Distances and Weights

The assignment to the equipment for each workout station will be allocated by your referee.

SkiErg

- Prior to starting the workout the monitor must be (re)set by a referee.
- The resting Athlete must stay behind their partner
- Only after receiving the referee's confirmation of completion the athlete may leave the platform and the station.

Distance: 1000m

*The dampner setting on the ergometer will be pre-set to the following resistance:

Warriors	6
Gladiators	6

Note: Each doubles team is allowed to adjust the dampner setting once to their own preferences. However, once an Athlete starts the exercise, the team is not allowed to change again and must remain with the chosen setting until the entire distance has been completed.

Box Step Ups

- Start with both feet on the ground and face the box
- Both feet must be on the box with hips fully extended at the top of the movement
- Both feet must return to the floor before the next repetition can be completed
- Only the feet may make contact with the box

The resting Athlete must stand to the side of the box to avoid obstruction.

Reps: 90

Box Height: 20"

Warriors	Bodyweight
Gladiators	2x 10kg Dumbbells

Burpees

- The starting position is in the upright position, hands placed near feet, at most one foot length away. Once the hands are placed on the ground they cannot be moved.
- In the lower position, the athlete's chest must touch the ground.
- Then, the athlete stands up and jumps whilst simultaneously raising both arms above their head.

- The station is completed when, once all repetitions are completed.

The resting Athlete must stand next to the working Athlete

Repetitions: 80

Reverse Lunges

- The Athlete starts in the upright position
- During each lunge, the rear knee must touch the pink pad/ground.
- A repetition ends with knees and hips fully extended.
- Lunges must alternate knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge with both feet on the ground.

The resting athlete must stand next to the working athlete.

Repetitions: 70

Warrior	Knee touches pink pad
Gladiator	Knee touches floor

Plate Ground To Overhead

- Every rep begins with the plate touching the ground.
- The rep is counted when the plate is at full lockout overhead, with the hips, knees and arms are fully extended. The plate is directly over or slightly behind the middle of the body.

The resting athlete must stand next to the working athlete.

Repetitions: 60

Warriors	10kg Plate
Gladiators	20kg Plate

Rowing

- Prior to starting the monitor must be (re)set by a referee.
- After completing the required distance, the athlete must his/her arm to alert the referee to confirm the required distance has been completed.
- Only after receiving the referee's confirmation of completion the athlete may leave the station. The resting athlete remains behind the rower and does not obstruct other participants.

Distance 500m

*The dampner setting on the ergometer is present for the following resistance:

Warriors	6
Gladiators	6

Note: : Each doubles team is allowed to adjust the dampner setting once to their own preferences. However, once an Athlete starts the exercise, the team is not allowed to change again and must remain with the chosen setting until the entire distance has been completed

Press Ups

- Every rep begins in the tall plank position
- The Athlete must lower their chest down until they hit the pink pad below them.
- Hand position is determined by the athlete.

Repetitions 40

Warriors From knees

Gladiators From toes

Prisoner Get Ups

- The Athlete starts in the upright position
- During each repetition, both knees must touch the ground.
- A repetition ends with knees and hips fully extended.
- The athlete can either work continuously or stop after each rep with both feet on the ground.
- The athlete can either alternate legs every repetition or continue with the same leg.

Repetitions 30

Warriors 3kg Medicine Ball

Gladiators 6kg Medicine Ball

Kettlebell Farmers Carry

- The Farmers Carry begins and ends with the removal/return of the kettlebells from the marked area next to the start/finish line.
- The athlete has to carry both kettlebells at all times while they move.
- Kettlebells must be carried with both arms extended
- Putting down the kettlebells to rest is allowed.
- The station is completed, once the athlete carries the kettlebells 20 lengths of the marked area.

The resting Athlete walks behind the working athlete without obstructing other participants.

Distance 20 Lengths

Warriors 2 x 16kg

Gladiators 2 x 20kg

Sled Push

- Both, sled and athlete must be completely behind the line prior to beginning.
- Sled must always pass marked area entirely before change of direction
- As soon as the athlete completed 10 lengths of the gym floor and the entire sled passes the start/finish line the station is completed.

The resting athlete walks behind the working athlete.

Distance 10 lengths

Warriors Empty sled

Gladiators 25kg

In order to complete the workout, each team must ring the bell.