



## Beta Test 1

1 Minute AMRAP:  
Hand release pushup



## Workout Weight

Rx'd

♀ Body

♂ Body

## NOTES

There is no tiebreak for this workout.

## EQUIPMENT

No Extra Equipment needed for this challenge.

## VIDEO SUBMISSION STANDARDS

- Videos must be uncut and unedited to accurately display the performance.
- Your clock or timer must be visible throughout the entire workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- If these standards are not met, your video and score submission will be rejected. Any such determination will be made after the contest has closed, so make sure that you have followed the rules!

# GOOD LUCK and HAVE FUN!

## Starting position

Each athlete will begin in the prone position with hands flat on the ground and index fingers inside the outer edges of the shoulders. The chest and front of the hips and thighs will be on the ground. Toes will touch the ground with feet together. The ankles will be flexed. The head does not have to be on the ground. Feet will remain together throughout the movement.



## Movement 1

Athlete will push their whole body up from the ground as a single unit to the up position by fully extending the elbows.

- The Athlete will maintain a generally straight body alignment from the top of the head to the ankles. This generally straight position will be maintained for the duration of the movement.



- Failing to maintain a generally straight alignment during a repetition will cause that repetition to not count.



## Movement 2

After the elbows are fully extended and the Athlete has reached the up position, the Athlete will bend their elbows to lower the body back to the ground. The chest, hips, and thighs should touch down at the same time. The head or face does not have to contact the ground.



## Movement 3

Without moving or lifting the head, body, legs, or feet, the Athlete will lift both hands from the ground at the same time. A clear gap between the palms and the ground must be visible on the video. Failure to lift the hands off the ground will result in that repetition not counting. The hands are then lowered under control until they return to the start position. Athletes may not “slam” their hands into the ground to start the next repetition; this will cause the repetition not to count.



## Movement 4

Athletes must ensure their hands are flat on the ground with the index fingers inside the outer edges of the shoulders (returning to the starting position). This completes one repetition.