



EVERYDAY HERO SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT, MONDAY, SEPT. 21

Presented by



WORKOUT 2

As many reps as possible in 8 minutes of:

50-foot back rack lunge
25 pull-ups
50-foot front rack lunge
25 chest-to-bar pull-ups
50-foot overhead lunge
Max bar muscle-ups

Time cap: 8 minutes

♀ 80-lb (36-kg) barbell
♂ 115-lb (52-kg) barbell

WORKOUT VARIATIONS

Rx'd:

♀ 80-lb (36-kg) barbell
♂ 115-lb (52-kg) barbell

Scaled:

♀ 60-lb (27-kg) barbell, jumping pull-ups, pull-ups, chest-to-bar pull-ups
♂ 85-lb (38-kg) barbell, jumping pull-ups, pull-ups, chest-to-bar pull-ups

QUICK START

- Start standing tall.
- At "go," put the barbell in the back rack position and complete 50 feet of walking lunges.
 - Lunge 25 feet in one direction before turning around and lunging 25 feet back.
- Then, complete 25 pull-ups.
- Move back to the barbell and complete 50 feet of walking lunges with the bar in the front rack position.
 - Lunge 25 feet in one direction before turning around and lunging 25 feet back.
- Then, complete 25 chest-to-bar pull-ups.
- Move back to the bar and complete 50 feet of overhead walking lunges.
 - Lunge 25 feet in one direction before turning around and lunging 25 feet back.
- Finally, complete as many bar muscle-ups as possible in the time remaining.
- Your score will be the total number of **ALL** reps completed before the 8-minute time cap.

NOTES

- Athletes must use one bar.
- A rack for the barbell cannot be used at any time.
- Each 25-foot lunge distance will count as one repetition.
- For safety, the end of the lunges must be at least 5 feet from the pull-up bar.

TIEBREAK

- A tiebreak time will be taken after each set of lunges.
- In the event of a tie on total reps completed, the athlete with the faster tiebreak time will win the tie.



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EQUIPMENT

- Barbell
 - Men are required to use a barbell with a minimum 28-millimeter diameter (e.g., a 45-lb/20-kg barbell or a Rogue C70/C70s barbell).
 - Women are required to use a barbell with a minimum 25-millimeter diameter (e.g., a 35-lb/15-kg barbell or a Rogue C68/C68s barbell).
 - Training barbells or other specialty barbells are not allowed.
- Bumper plates
 - Must be standard bumper plates 18 inches (45 centimeters) in diameter.
- Collars
- Pull-up bar



Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details, weight conversions, and video submission standards.



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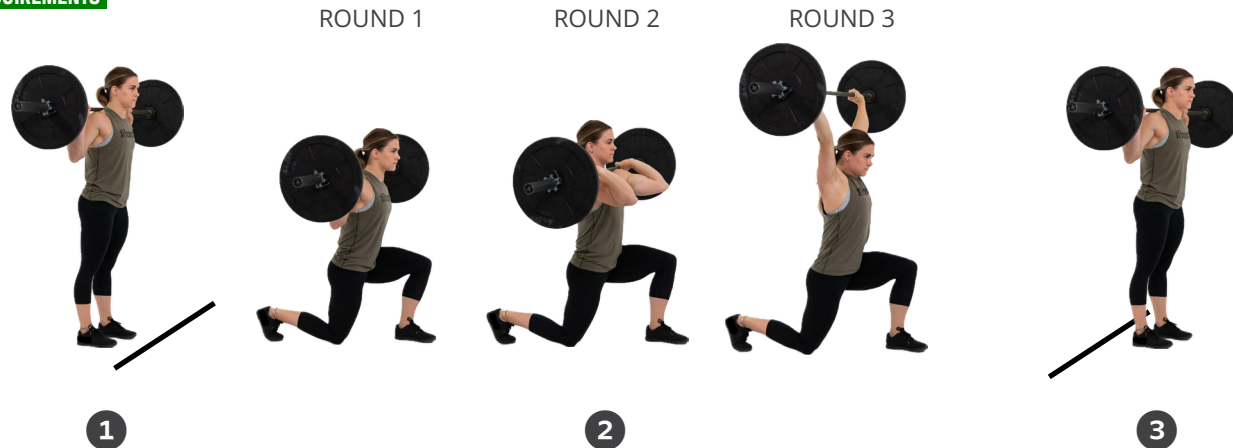
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MOVEMENT STANDARDS

BARBELL WALKING LUNGE

REQUIREMENTS



1. Each rep begins with the barbell in the appropriate position, the feet together, and the hips and legs extended.
 - Round 1, the barbell must be in the back rack position.
 - Round 2, the barbell must be in the front rack position, with the bar resting on the shoulders and the elbows in front of the bar.
 - Round 3, the barbell must be overhead.
2. The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
 - Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
 - There is **NO** requirement to alternate feet after each step.
3. The rep is credited when:
 - Both feet are clearly over (not on) the 25-foot line.
 - The barbell is in the appropriate position.
 - The hips and knees are fully extended.

NOTES:

- Athletes may lunge **NO MORE** than 25 feet in one direction.
 - The barbell may be brought to the ground or kept in the appropriate position during the turnaround.
- Athletes may put the barbell down at any time after a 25-foot section is completed.
- In the event of a no-rep, athletes must restart behind the start line at the beginning of the 25-foot section.



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MOVEMENT STANDARDS

BARBELL WALKING LUNGE (CONTINUED)

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Not touching the knee to the ground.



✗ Stepping on the line, not over it, at the end of the section.



✗ Lowering the barbell before full extension of the knees and hips.

ADDITIONAL:

- ✗ Missing extension of the hips and/or legs.
- ✗ Overhead lunge only: The barbell touching any part of the body other than the hands.



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MOVEMENT STANDARDS

PULL-UP AND CHEST-TO-BAR PULL-UP

REQUIREMENTS



1



2



3

1. Start each rep with arms fully extended and feet off the ground.

- Any style of grip is permitted.

2. The pull-up rep is credited when the chin clearly breaks the horizontal plane of the bar.

3. The chest-to-bar rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted, as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ **Pull-up:** Not breaking the horizontal plane of the pull-up bar with the chin.



✗ **Pull-up and chest-to-bar pull-up:** Starting a rep without full extension of the arms.



✗ **chest-to-bar pull-up:** Making contact with the bar above the collarbone (neck or throat).



✗ **chest-to-bar pull-up:** Missing contact with the pull-up bar.



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MOVEMENT STANDARDS

JUMPING PULL-UP (SCALED ONLY)

REQUIREMENTS



1



2



3

1. The bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.
2. At the start of each rep, lower until the arms are fully extended.
3. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Jumping pull-up: Not breaking the horizontal plane of the pull-up bar with the chin.



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MOVEMENT STANDARDS

BAR MUSCLE-UP

REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
 - Arms are fully extended in the support position.
 - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Any portion of the foot rising above the pull-up bar during the kip.



- ✗ Any part of the arm (besides the hands) touching the bar during the rep.



- ✗ Lowering before reaching full extension of the arms at lockout (top of each rep).



- ✗ Removing the hands and resting on the torso while above the bar.

NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).



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50-FOOT BACK RACK LUNGE	2	TIME
25 PULL-UPS	27	
50-FOOT FRONT RACK LUNGE	29	TIME
25 CHEST-TO-BAR PULL-UPS	54	
50-FOOT OVERHEAD LUNGE	56	TIME
MAX BAR MUSCLE-UPS		

Judge _____
Judge Name

Athlete _____
Athlete Name

Tiebreak Time _____

Reps at 8 Min. _____

Athlete Signature _____

Athlete Copy

EVERYDAY HERO SERVICE CUP - WORKOUT 2



Affiliate _____

Judge _____
Judge Name

Athlete _____
Athlete Name

Tiebreak Time _____

Reps at 8 Min. _____

Date _____

Judge Signature _____

Athlete Signature _____

