



**EVENT 1**  
**FRIENDLY FRAN**

3 rounds for time of:  
21 thrusters  
21 chest-to-bar pull-ups

♀ 85 lb.  
♂ 115 lb.

Time cap: none

**NOTES**

Prior to starting the workout, set up the workout area as shown in the floor plan. The athlete should face the camera during both movements.

This event begins with the barbell on the floor and the athlete standing behind the line directly under the pull-up bar. At "3, 2, 1 ... go," the athlete will move to the barbell to perform 21 thrusters, then back to the pull-up bar for 21 chest-to-bar pull-ups. They will repeat this couplet for 3 rounds.

The event is over when the athlete completes the final chest to bar pull-up. The athlete's score will be the total time it takes to complete the event.

**After the workout is complete, the athlete will walk to the camera and state the password BEFORE moving or turning off the camera.**

**EQUIPMENT**

- Barbell, 45/35 lb.
- Bumper plates of appropriate weight\*
- Collars
- Tape to mark the floor
- Pull-up bar

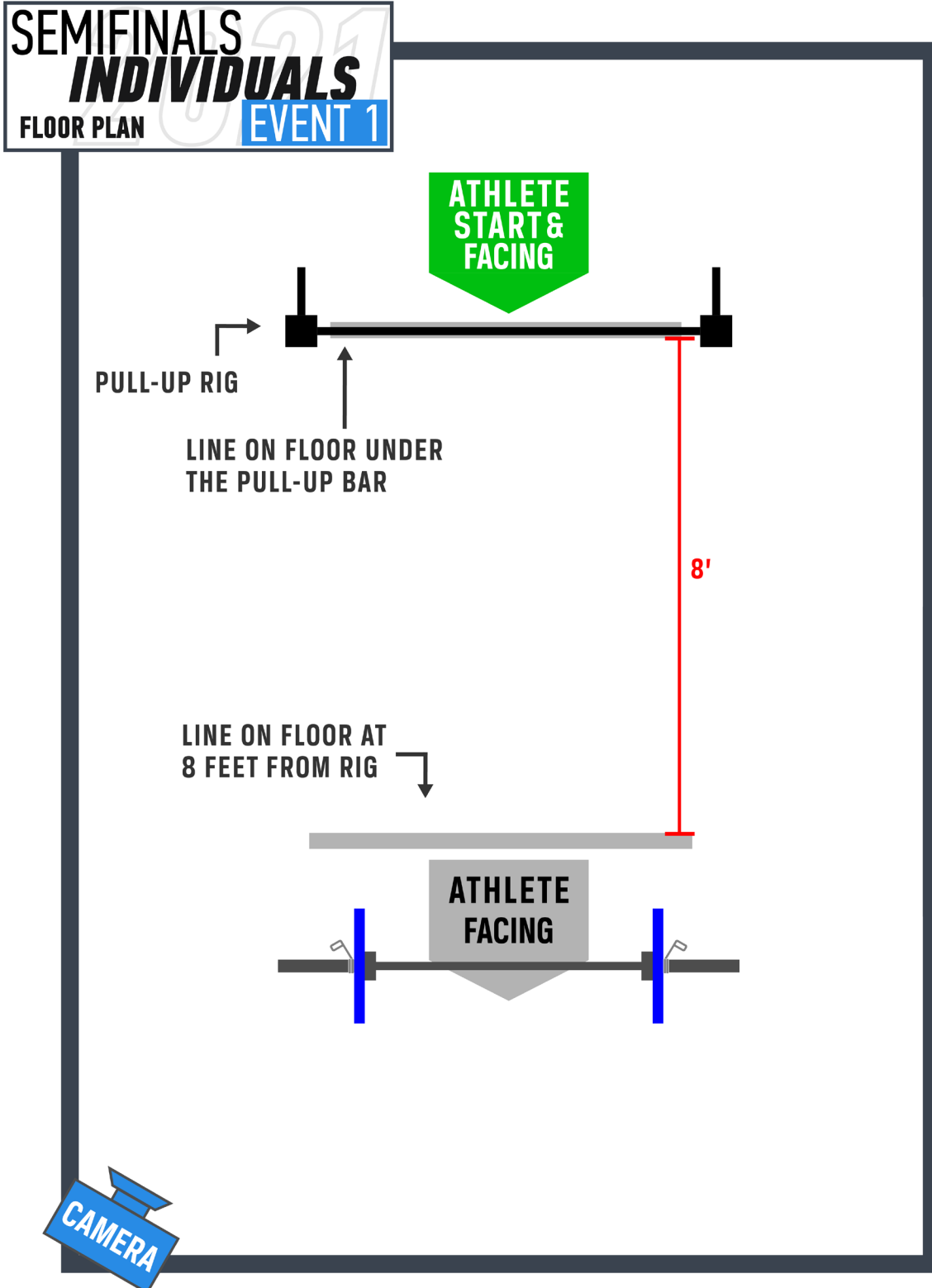
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 38 kg (85 lb.) and 52 kg (115 lb.).

Be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

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.

**VIDEO SUBMISSION STANDARDS**

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.





## MOVEMENT STANDARDS

### THRUSTER



- Each set of thrusters begins with the barbell on the ground.
- The athlete must move the barbell from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the barbell is taken from the floor.
- The athlete's hip crease must clearly pass below the top of the knees in the bottom position.
- The athlete and bar must always remain behind the designated line, 8 feet from the pull-up bar. **Touching the line is a "no rep."**

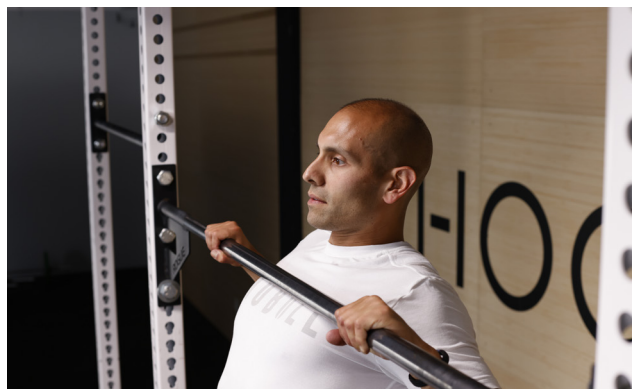


- The rep is credited when:
  - the athlete has the barbell locked out overhead, with hips, knees, and arms fully extended; and
  - the barbell is directly over or slightly behind the middle of the athlete's body.
- The athlete must continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."
- The athlete may not receive assistance when picking up or setting down the barbell.

### CHEST-TO-BAR PULL-UP



- At the start of each rep, the athlete's arms must be fully extended, and the athlete's feet must be off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.



- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

**ONLINE SEMIFINALS - INDIVIDUALS**

WEEK 3: 12:00 P.M. (NOON) PT THURSDAY, JUNE 10, THROUGH 12:00 P.M. (NOON) PT FRIDAY, JUNE 11  
 WEEK 4: 12:00 P.M. (NOON) PT THURSDAY, JUNE 17, THROUGH 12:00 P.M. (NOON) PT FRIDAY, JUNE 18

Presented by



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 3 rounds for time of:  
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 21 chest-to-bar pull-ups  
 ♀ 85 lb.  
 ♂ 115 lb.  
 Time cap: none

	21 THRUSTERS	21 CHEST-TO-BAR PULL-UPS
ROUND 1		
ROUND 2		
ROUND 3		

**Athlete Name** \_\_\_\_\_  
 Print

**Time** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
 Judge Name

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

Athlete Copy

**ONLINE SEMIFINALS - INDIVIDUALS - EVENT 1**

**Athlete Name** \_\_\_\_\_  
 Print

**Time** \_\_\_\_\_

**Workout Location** \_\_\_\_\_

**Judge** \_\_\_\_\_  
 Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. \_\_\_\_\_  
 Judge Signature Date