

TEST 1

All for time:

3 rounds of:

- 2 x 25-ft dumbbell walking lunge (hang position)
- 20 toes-to-bars

Immediately followed by:

2 rounds of:

- 2 x 25-ft dumbbell walking lunge (rack position)
- 15 chest-to-bar pull-ups

Immediately followed by:

- 2 x 25-ft dumbbell walking lunge (overhead position)
- 10 bar muscle-ups

♀ 2 x 35-lb dumbbells

♂ 2 x 50-lb dumbbells

Time cap: 20 minutes

WORKOUT VARIATIONS

Teenagers 16-17, Masters 35-54

♀ 35-lb dumbbells

♂ 50-lb dumbbells

Teenagers 14-15, Masters 55+

♀ 20-lb dumbbells

♂ 35-lb dumbbells

NOTES

Prior to starting, set up the floor plan as shown. Then create a walking-lunge distance measuring 25 feet. As long as the lunge start line is 5 feet from the pull-up bar, any configuration may be used.

This test begins with the athlete standing on the far side of the 25-foot distance, away from their dumbbells. After "3, 2, 1 ... go," move to the dumbbells and complete a 25-foot walking lunge with the dumbbells in the hang position, then another 25-foot walking lunge to return the dumbbells across the line closest to the pull-up bar. Once the first lunge is complete, move to the pull-up bar and perform 20 toes-to-bars. Complete two more rounds of

walking lunges, with the dumbbells in the hang position, and toes-to-bars. After completing the third round, immediately move back to the dumbbells and perform a 25-foot walking lunge with the dumbbells in the front-rack position, then another 25-foot front-rack walking lunge back, and 15 chest-to-bar pull-ups. Complete a second round of walking lunges, with dumbbells in the front-rack position, and 15 chest-to-bar pull-ups. Then, complete one final round of a 25-foot walking lunge with the dumbbells in the overhead position, then a 25-ft overhead walking lunge back and 10 bar muscle-ups. Time will stop after the lockout of the 10th bar muscle-up.

Your score will be the total time taken to complete the test. In the event of a time cap, your score will be the total number of repetitions completed before the cap.

TIEBREAK

Record the time after the final 25-foot walking lunge, the final 25-foot front-rack walking lunge, and the 25-foot overhead walking lunge. In the event of a tie, the athlete with the faster tiebreak will win.

EQUIPMENT

- Tape to mark the floor.
- Dumbbells of appropriate weight for the athlete's division.*
- Pull-up bar.

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbells are 10 kg (20 lb), 15 kg (35 lb), and 22.5 kg (50 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 test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

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. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- A full view of the athlete must be maintained for the entire test.
- 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 test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.-
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

VIDEO REVIEW PENALTIES

General:

- Missing or skipping any repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- If an athlete is assessed a no rep on any movement, the athlete's average cycle time for the movement will be calculated and doubled then added as penalty time.
- If a penalty results in a time greater than the time cap, the athlete's score will be adjusted to less than the total number of possible reps at a rate of -1 rep for every 5 seconds over the cap.
- A significant number of no reps will result in a 15 % Major Penalty

Dumbbell walking lunge:

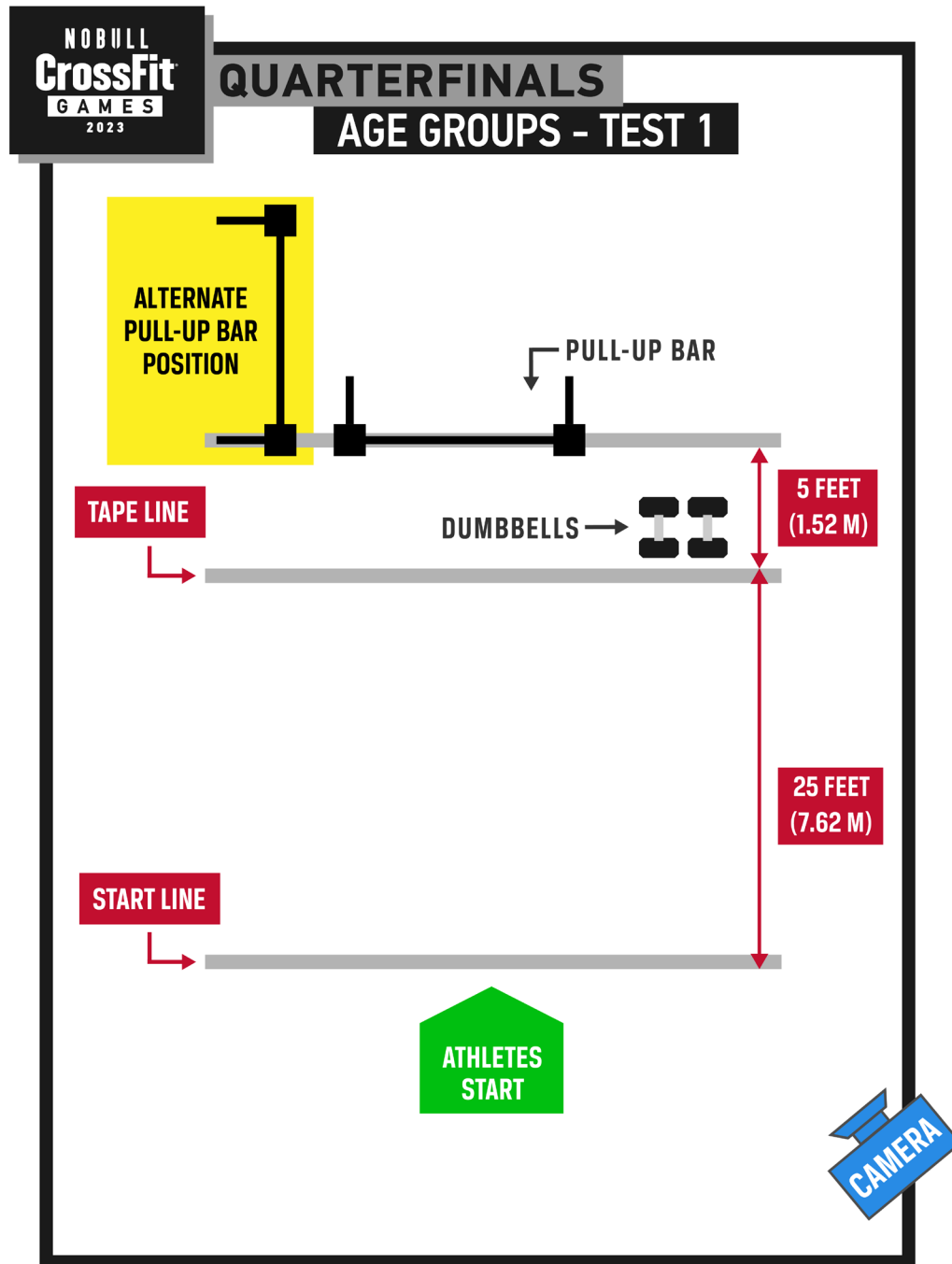
- Starting or finishing with any part of the foot on the line will result in a 10-second penalty per instance.

False starts or starting in the wrong position will result in a 5-second penalty.

VIDEO REVIEW ZERO-SCORE VIOLATIONS

The following may result in an immediate zero score:

- Incorrect weight used for the walking lunges.
- Not visually confirming the floor measurements on camera.
- Altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.
- Failure to use a registered Judge.



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FREE MOBILITY FOR QUARTERFINALS

MOVEMENT STANDARDS

DUMBBELL WALKING LUNGE, ALL VARIATIONS

1 REP = 25 FT (7.62 M)



- Each length of the 25-foot (7.62-meter) measured distance will count as 1 rep.



- Each lunge step begins with the dumbbells in the appropriate position, the feet together, and the hips and legs extended.



- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.
 - The athlete may start each 25-foot section with either leg.



- The rep is credited when the feet are together and the hips and legs are fully extended.
- 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.
- In the event of a no rep for any reason, including moving the dumbbells out of the required position, the entire 25-foot length must be repeated.

MOVEMENT STANDARDS

DUMBBELL WALKING LUNGE, HANG POSITION



- During the walking lunges, the dumbbells must be held at the hang.
- No portion of the dumbbell may be supported by the legs or torso.
- This position must be maintained for the entire 25-foot section.
- Athletes may **NOT** use gymnastics grips during the walking lunges.

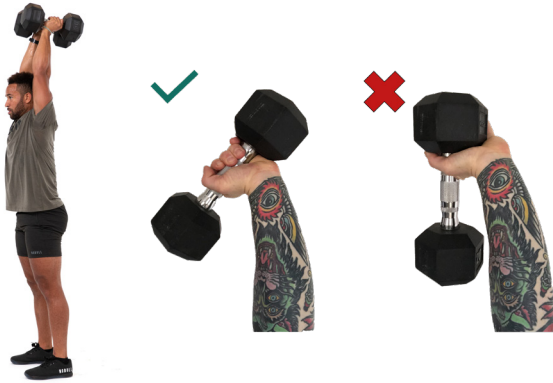
DUMBBELL WALKING LUNGE, RACK POSITION



- During the front-rack walking lunges:
 - The dumbbells must remain at the shoulders.
 - A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
 - Resting the head of the dumbbells on the shoulders is allowed.
 - Resting the handle of the dumbbell or the hands directly on the shoulder is **NOT** allowed.
 - Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is **NOT** allowed.
 - The athlete must finish the entire 25-foot section with both feet over the line, knees and hips extended, and the dumbbells in the rack position before lowering the dumbbells from the shoulders.

MOVEMENT STANDARDS

DUMBBELL WALKING LUNGE, OVERHEAD POSITION



- During the overhead walking lunges:
 - The dumbbells must remain overhead.
 - A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
 - Resting the head of the dumbbell in the hand is **NOT** allowed.
 - The dumbbells and/or hands cannot be held or pressed together.
 - The athlete must finish the entire 25-foot section with both feet over the line, knees and hips extended, and the dumbbells in the overhead position before lowering the dumbbells.

TOES-TO-BAR



- Athletes begin by hanging from the pull-up bar with arms extended.
- The heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- 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.

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other 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.
- Requested video must clearly show a $\frac{3}{4}$ angle of the athlete.

BAR MUSCLE-UP



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.



- The athlete must pass through some portion of a dip before locking out over the bar.

MOVEMENT STANDARDS
BAR MUSCLE-UP (CONTINUED)



- The rep is credited when:
 - The athlete's arms are fully locked out in the support position above the bar.
 - The athlete's shoulders are over or slightly in front of the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.
- Requested video must clearly show a $\frac{3}{4}$ angle of the athlete.

TEST 1

All for time:

3 rounds of:

2 x 25-ft dumbbell walking lunge (hang position)
20 toes-to-bars

Immediately followed by:

2 rounds of:

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Immediately followed by:

2 x 25-ft dumbbell walking lunge (overhead position)
10 bar muscle-ups

♀ 2 x 35-lb dumbbells

♂ 2 x 50-lb dumbbells

Time cap: 20 minutes

2 X 25-FT DUMBBELL WALKING LUNGE (HANG POSITION)		2	
20 TOES-TO-BARS		22	
2 X 25-FT DUMBBELL WALKING LUNGE (HANG POSITION)		24	
20 TOES-TO-BARS		44	
2 X 25-FT DUMBBELL WALKING LUNGE (HANG POSITION)		46	
20 TOES-TO-BARS		66	TIME
2 X 25-FT DUMBBELL WALKING LUNGE (RACK POSITION)		68	
15 CHEST-TO-BAR PULL-UPS		83	
2 X 25-FT DUMBBELL WALKING LUNGE (RACK POSITION)		85	
15 CHEST-TO-BAR PULL-UPS		100	TIME
2 X 25-FT DUMBBELL WALKING LUNGE (OVERHEAD POSITION)		102	
10 BAR MUSCLE-UPS		112	TIME

WORKOUT VARIATIONS

Teenagers 16-17, Masters 35-54

♀ 35-lb dumbbells

♂ 50-lb dumbbells

Teenagers 14-15, Masters 55+

♀ 20-lb dumbbells

♂ 35-lb dumbbells

Time or Reps at 20 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Test Location _____

Judge _____

Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

Date

Athlete Copy

QUARTERFINALS - AGE GROUPS - TEST 1

Time or Reps at 20 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Test Location _____

Judge _____

Judge Name

I confirm the information above accurately represents the athlete's performance for this test. _____

Judge Signature

Date

SCAN TO SUBMIT SCORE

