

WORKOUT 2

3 rounds for time:

30 alternating single-leg squats

30 GHD sit-ups

10 muscle-ups

Time cap: 15 minutes

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan.

This workout begins with the athlete standing behind the start line and facing the GHD. After the call of “3, 2, 1... go,” the athlete will step over the line and perform 30 alternating single-leg squats, then move to the GHD for 30 GHD sit-ups (reaching back toward the rings at the bottom), and then to the rings for 10 muscle-ups. Complete this sequence for 3 rounds. Time stops after the athlete is locked out in a position of support in the final muscle-up.

The athlete’s score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

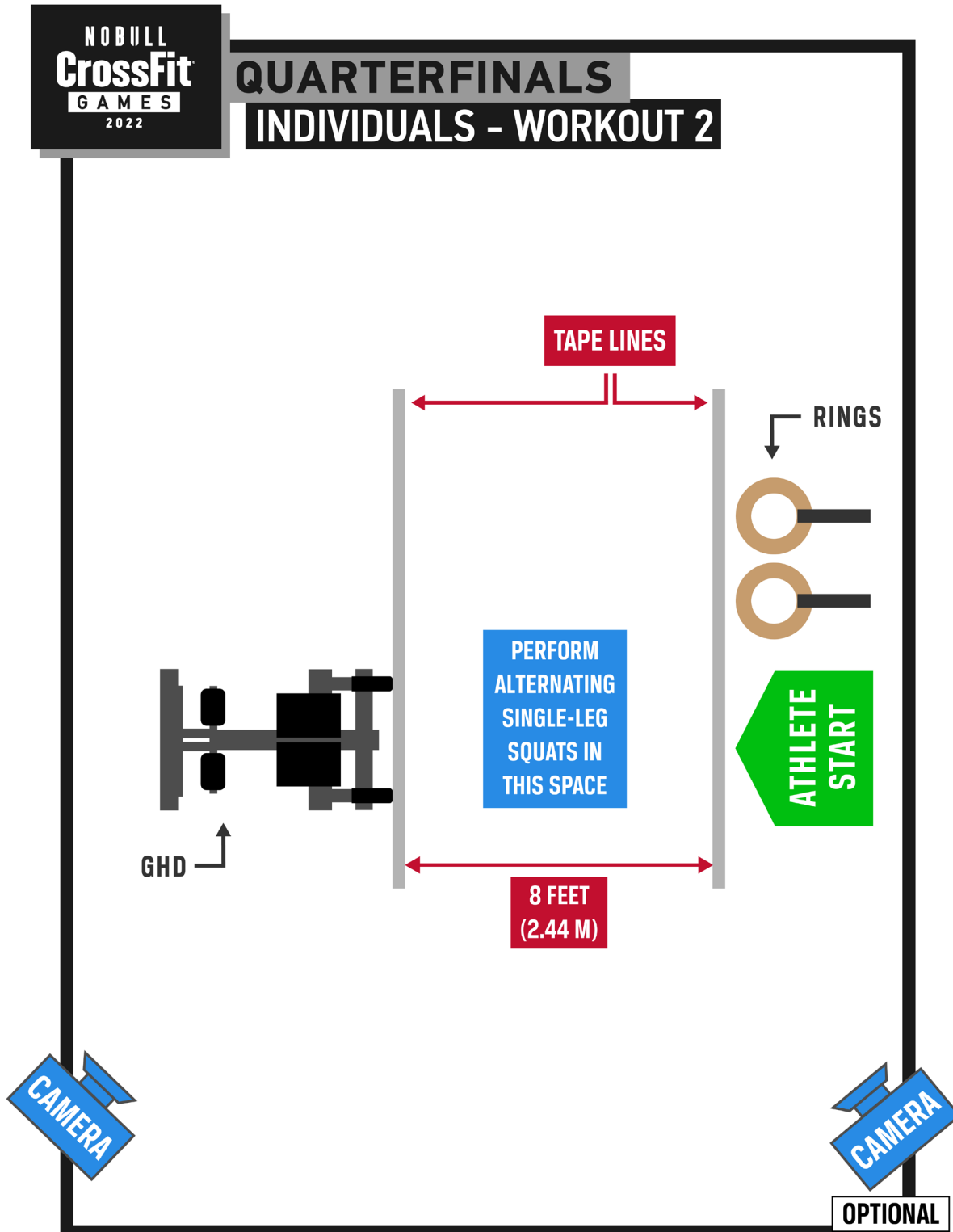
- Tape to mark the floor
- Gymnastic rings
- GHD

For each workout, 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 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.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) 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

SINGLE-LEG SQUAT



- All repetitions must be completed within the tape lines. If the athlete's foot touches the tape line at any point, the repetition will not count.
- Each rep begins with the hips and knee extended on the working leg.
- The non-working leg must remain in front of the body; it cannot pass behind the profile of the athlete's body.
- Athletes may **NOT** rest the non-working leg on the working leg or use the hands/arms to push into the working leg.
- Athletes **MAY** hold on to the non-working leg.



- The hip crease must pass below the top of the knee on the working leg.
- If any part of the athlete's body other than the working foot touches the floor before lockout, the rep will not count.



- The rep is credited when the athlete reaches full hip and knee extension with the working leg while the non-working leg is clearly off the ground.
- Athletes must alternate legs after every successful rep.
- Athletes must complete a successful rep on one side before beginning a rep on the other.

MOVEMENT STANDARDS

GHD SIT-UP



- Each rep begins and ends with the athlete seated at the top of the GHD with hands touching the foot pads.



- The athlete must touch the ground or designated riser with both hands before returning to the seated position.
- The touch on the ground or riser must be overhead, not to the side of the body. The fingers must be at least in line with the top of the head when viewed from profile.



- The rep is credited when both hands touch the foot pads.

MOVEMENT STANDARDS

GHD SIT-UP (CONTINUED)



- Equipment note: The distance from the top of the seat pad to the floor may be no fewer than 40 in (102 cm) for men and 37 in (94 cm) for women.

- If the athlete is using a GHD that **EXCEEDS** the height requirement, they may touch an elevated target that creates the correct distance - i.e., women may use a 6-in (15 cm) riser on a 43-in (109 cm) GHD to create a net height of 37 in (94 cm).



- If the athlete is using a GHD that is **BELOW** the height requirement, they may elevate the GHD to create the correct distance.

MOVEMENT STANDARDS

MUSCLE-UP



- Athletes must begin each rep hanging from the rings with arms fully extended and feet off the ground.
- Kipping is allowed, but uprises and swings/rolls to support are not permitted.
- During consecutive kipping muscle-ups, a change of direction below the rings is required.
- No part of the foot may rise above the bottom of the rings during the kip.



- The athlete must pass through some portion of a dip before reaching lockout.



- The rep is credited when the elbows are fully locked out in the support position.
- Reaching lockout while pushing or falling away from the rings will not count.



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	30 ALTERNATING SINGLE-LEG SQUATS	30 GHD SIT-UPS	10 MUSCLE-UPS
ROUND 1	30	60	70
ROUND 2	100	130	140
ROUND 3	170	200	210

Athlete Name _____
Print

Time or Reps at 15 Min. _____

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

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

Athlete Copy

QUARTERFINALS - INDIVIDUALS - WORKOUT 2

Time or Reps at 15 Min. _____

Athlete Name _____
Print

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

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