

## WORKOUT 1

From 0-2 minutes:

20 thrusters

Max-rep bar muscle-ups in the time remaining

From 2-4 minutes:

Rest

From 4-6 minutes:

20 bar muscle-ups

Max-rep thrusters in the time remaining

♀ 125 lb

♂ 185 lb

## NOTES

Prior to starting, you must set up the competition area as shown in the floor plan. Be sure to face the camera during both movements.

Begin this workout standing behind the line under the pull-up bar. After the call of "3, 2, 1 ... go," run to the barbell and complete 20 thrusters. Then move back to the pull-up bar and complete as many bar muscle-ups as possible. When the clock reaches 2 minutes, move behind the line next to the barbell and rest until the clock reaches 4 minutes. When the clock reaches 4 minutes, move to the pull-up bar and complete 20 bar muscle-ups. Then move back to the bar and complete as many thrusters as possible in the time remaining.

Your score will be the sum of the bar muscle-ups completed in minutes 0-2 plus the thrusters completed in minutes 4-6. The 20 thrusters completed in minutes 0-2 and the 20 bar muscle-ups completed in minutes 4-6 will not count toward your score.

Example:

Minutes 0-2 = 13 bar muscle-ups

Minutes 4-6 = 12 thrusters

Total score = 25

When the workout is complete, walk to the camera and state the password.

## TIEBREAK

The time should be recorded after the athlete has completed the 20 bar muscle-ups during the 4-to-6-minute window. This time will be used as a tiebreaker. In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

## EQUIPMENT

- Tape to mark the floor
- Pull-up bar
- Barbell
- Bumper plates\*
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

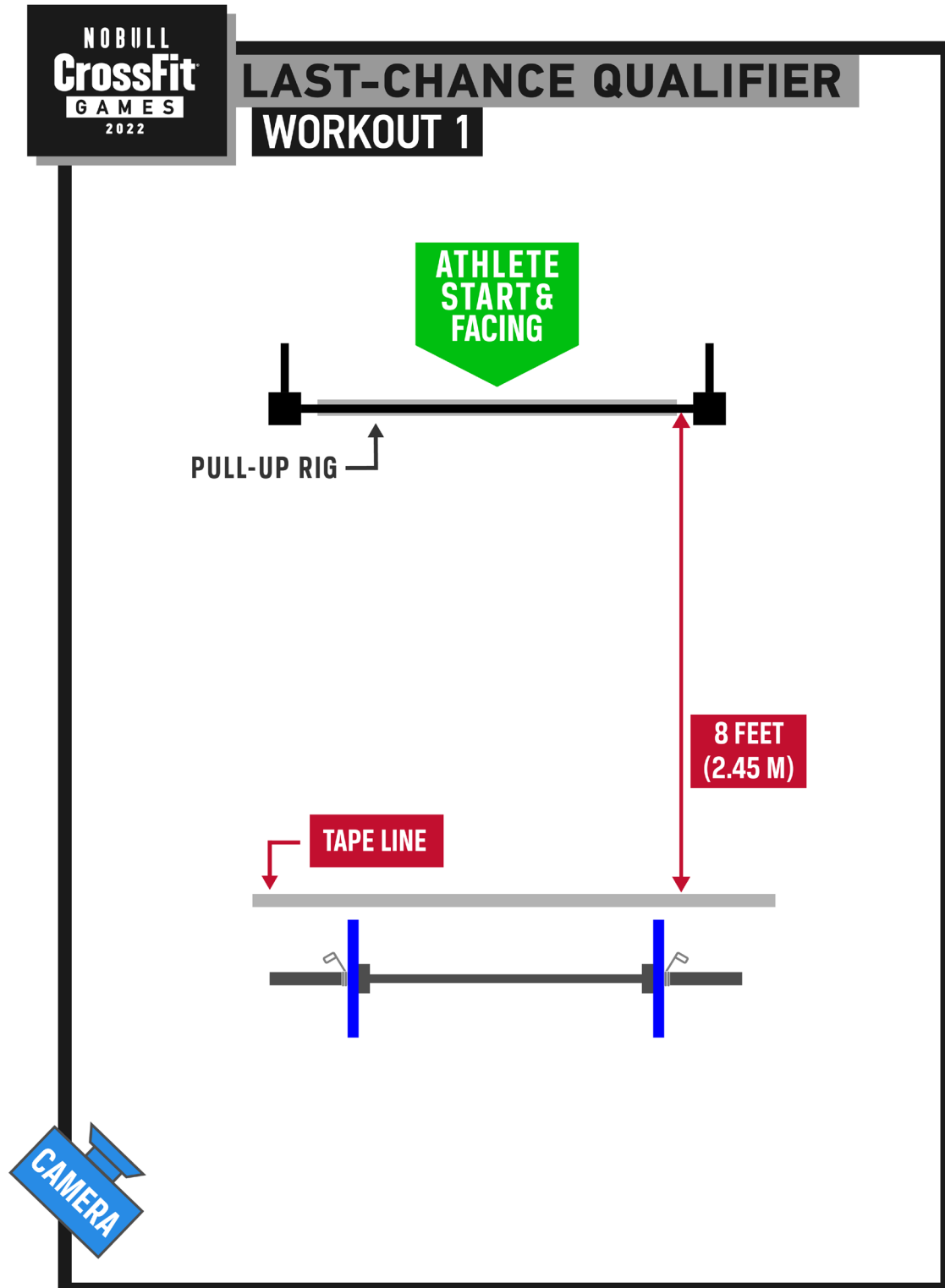
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbells are 83 kg (185 lb) and 56 kg (125 lb).

Be sure you have 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. Unless otherwise stated, you may not receive assistance with equipment during the workout.

## 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.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (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

### THRUSTER



- You and the barbell must remain on the side of the tape line furthest from the pull-up bar.
- You must face the camera.
- If either plate or your foot touches the line at any time, the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of your hip must clearly pass below the top of your knees in the bottom position.
- A full squat clean into the thruster is allowed but not required when the bar is taken from the floor.



- The rep is credited when:
  - your hips, knees, and arms are fully extended; and
  - the bar is directly over, or slightly behind, the middle of your body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before you pick it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting the barbell.

### BAR MUSCLE-UP



- You 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.



- You 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:
  - your arms are fully locked out in the support position above the bar; and
  - your 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.
- Resting at the top of the repetition is not allowed:
  - Removing your hands from the bar in the support position is not allowed.
  - At lockout, only your arms may support your weight.
  - If you support yourself with anything other than your arms once on top of the bar (i.e., your torso), subsequent reps will not count until you release the bar at the bottom and reset.



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From 2-4 minutes:  
Rest

From 4-6 minutes:  
20 bar muscle-ups  
Max-rep thrusters in the time remaining

♀ 125 lb

♂ 185 lb

**WORKOUT 1 SCORING EXAMPLE:**

Minutes 0-2 = 13 bar muscle-ups

+

Minutes 4-6 = 12 thrusters

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**TOTAL SCORE = 25 reps**

2-MINUTE INTERVALS		
0:00-2:00	20 THRUSTERS	THE 20 THRUSTERS DO NOT COUNT TOWARD YOUR TOTAL REP COUNT 0
	MAX-REP BAR MUSCLE-UPS IN THE TIME REMAINING	
2:00-4:00	REST	
4:00-6:00	20 BAR MUSCLE-UPS	THE 20 BAR MUSCLE-UPS DO NOT COUNT TOWARD YOUR TOTAL REP COUNT 0
	MAX-REP THRUSTERS IN THE TIME REMAINING	

**TIME**

**Reps (max muscle-ups min. 0-2 + max thrusters min. 4-6):** \_\_\_\_\_

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

**Tiebreak 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

**LAST-CHANCE QUALIFIER - WORKOUT 1**

**Reps (max muscle-ups min. 0-2 + max thrusters min. 4-6):** \_\_\_\_\_

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

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

**Workout Location** \_\_\_\_\_ **Judge** \_\_\_\_\_  
Judge Name

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