

WORKOUT

Complete as many rounds and reps as possible in 10 minutes of:

MEN

Includes Masters Men up to 54 years old

- 60 Bar-facing burpees**
- 30 Overhead squats**
(120lbs / 55kg)
- 10 Muscle-ups**

WOMEN

Includes Masters Women up to 54 years old

- 60 Bar-facing burpees**
- 30 Overhead squats**
(90lbs / 40kg)
- 10 Muscle-ups**

MASTERS men

Includes Masters Men 55+

- 60 Bar-facing burpees**
- 30 Overhead squats**
(110bs / 50kg)
- 10 Muscle-ups**

MASTERS women

Includes Masters Women 55+

- 60 Bar-facing burpees**
- 30 Overhead squats**
(75lbs / 35kg)
- 10 Muscle-ups**

MOVEMENT STANDARDS

Bar-facing burpee

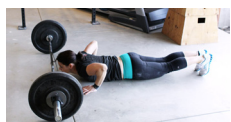
Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell.



The chest and thighs touch the ground at the bottom.



You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell.

Overhead squat

This is a standard Overhead squat. A full squat snatch is permitted, but not required, to start the movement if the standard depth is achieved.



The hip crease must be below the knee at the bottom.



The hips and knees must fully open at the top with the barbell locked out overhead.

Muscle-up

In the muscle-up you must pass from a hang below the rings to support above them. A kipping muscle-up is ok, swings or rolls to support are not permitted.



The hands must roll out while at a full hang (with or without a "false grip").



The elbows must fully lock out while supporting yourself above the rings.

REQUIRED EQUIPMENT:

To complete this workout, you will need one barbell loaded to the appropriate weight for your gender and age group and a set of gymnastic rings hung so that you can successfully perform a muscle-up. No racks are permitted. If your overhead squat does not use standard size bumper plates, you must set a bar at 9.5" high for the burpee jumps.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of bar-facing burpees, plus the number of overhead squats, plus the number of muscle-ups in the final round (if incomplete). If you do not complete the first round, enter 0 for rounds and then the number of completed reps of each exercise.



CFG OPEN II.4
 17:00 PDT Tuesday, April 12
 through
 17:00 PDT Sunday, April 17

Complete as many rounds and reps as possible in 10 minutes of:
 60 Bar-facing burpees
 30 Overhead squats
 10 Muscle-ups

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND #	BAR-FACING BURPEE	OVERHEAD SQUAT	MUSCLE-UP
Round 1			
Round 2			
Round 3			
TOTAL COMPLETED ROUNDS	_____ Round(s)		
ADDITIONAL REPS	_____ Burpees	_____ OH squats	_____ Muscle-ups