



EVENT 1

Complete as many rounds and reps as possible in 5 minutes of:

5 muscle-ups

10 cleans

Men use 155 lb.

Women use 105 lb.

NOTES

This event begins with the athlete standing under the rings. At the call of “3-2-1 ... go,” the athlete will jump up and perform muscle-ups. Once 5 muscle-ups are completed, the athlete will move to the barbell for the cleans. After 10 cleans, the athlete will move back to the rings to begin the next round.

The athlete’s score will be the total number of reps completed within the 5-minute time cap. You will enter your result by the total number of reps completed.

EQUIPMENT

- Set of gymnastics rings hung so you can successfully perform a muscle-up
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each event, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 70 / 48 kg for 40-44 and 45-49 divisions, 61 / 43 kg for 50-54 and 55-59 divisions and 52 / 34 kg for 60+.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

MUSCLE-UP



In the muscle-up, you must begin with or pass through a hang below the rings with the arms fully extended (with or without a false grip) and the feet off the ground.



The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing.

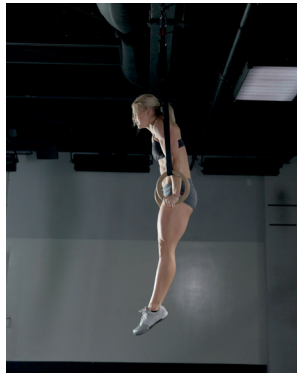


A muscle clean, power clean, squat clean or split clean may be used as long as the barbell comes up to the shoulders with the hips and knees fully extended with the feet in line and the elbows in front of the bar.

DIP (55+ ONLY)



At the bottom, the shoulders must pass below the height of the elbow.



At the top, the elbows must be fully locked out while supporting yourself above the rings. Kipping the dip is acceptable.



EVENT 1 WORKOUT VARIATIONS

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

40-44

(Masters Men 40-44, Masters Women 40-44)

Complete as many reps as possible in 5 minutes of:

5 muscle-ups

10 cleans

Men use 155 lb.

Women use 105 lb.

45-49

(Masters Men 45-49, Masters Women 45-49)

Complete as many reps as possible in 5 minutes of:

5 muscle-ups

10 cleans

Men use 155 lb.

Women use 105 lb.

50-54

(Masters Men 50-54, Masters Women 50-54)

Complete as many reps as possible in 5 minutes of:

5 muscle-ups

10 cleans

Men use 135 lb.

Women use 95 lb.

55-59

(Masters Men 55-59, Masters Women 55-59)

Complete as many reps as possible in 5 minutes of:

5 dips

10 cleans

Men use 135 lb.

Women use 95 lb.

60+

(Masters Men 60+, Masters Women 60+)

Complete as many reps as possible in 5 minutes of:

5 dips

10 cleans

Men use 115 lb.

Women use 75 lb.



EVENT 1 SCORECARD (40-54)

Masters Men 40-44, Masters Women 40-44, Masters Men 45-49,
Masters Women 45-49, Masters Men 50-54, Masters Women 50-54

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

EVENT 1

Complete as many reps as possible in 5 minutes of:

5 muscle-ups

10 cleans

40-44

Men use 155 lb.

Women use 105 lb.

45-49

Men use 155 lb.

Women use 105 lb.

50-54

Men use 135 lb.

Women use 95 lb.

ROUND	MUSCLE-UP (5)	CLEAN (10)	REPS
1			15
2			30
3			45
4			60
5			75
6			90
7			105
8			120
9			135
10			150
11			165

ATHLETE NAME _____

Print

EVENT 1 TOTAL REPS _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

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

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

EVENT 1 TOTAL REPS _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

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

I confirm the information above accurately represents the athlete's performance for the workout _____

Judge Signature

Date



EVENT 1 SCORECARD (55+)

Masters Men 55-59, Masters Women 55-59, Masters Men 60+,
Masters Women 60+

Event 1 presented by **PURE PHARMA**
vitamins, minerals & fish oil

EVENT 1

Complete as many reps as possible in 5 minutes of:

5 dips

10 cleans

55-59

Men use 135 lb.

Women use 95 lb.

60+

Men use 115 lb.

Women use 75 lb.

ROUND	DIP (5)	CLEAN (10)	REPS
1			15
2			30
3			45
4			60
5			75
6			90
7			105
8			120
9			135
10			150
11			165

ATHLETE NAME _____
Print

EVENT 1 TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

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

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

EVENT 1 TOTAL REPS _____

WORKOUT LOCATION _____
Name of Affiliate

JUDGE _____
Print

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

I confirm the information above accurately represents the athlete's performance for the workout _____

Judge Signature

Date