



EVENT 3 – TWISTER

ADVANCED	INTERMEDIATE
FOR TIME (12 MIN TIME CAP) <u>ATHLETE 1</u> 15-12-9 Power Snatch (55kg/40kg) Chest to Bar (Male)/Pull ups (Female) <u>ATHLETE 2</u> 12-9-6 Shoulder to Overhead (60kg/45kg) Bar Muscle Ups (Male & Female) <u>ATHLETE 3</u> 9-6-3 Clean & Jerk (70kg/55kg) 1 rollover followed by 1 bar muscle up * Rollover = 1 rep * Bar Muscle Up = 1 rep	FOR TIME (12 MIN TIME CAP) <u>ATHLETE 1</u> 15-12-9 Power Snatch (40kg/30kg) Pull ups <u>ATHLETE 2</u> 12-9-6 Shoulder to Overhead (50kg/35kg) Chest to Bar <u>ATHLETE 3</u> 9-6-3 Clean & Jerk (60kg/45kg) Bar Muscle Ups (Male)/chest to Bar (Female) * male can sub 2 x C2B instead of 1 BMU

At the call of 3,2,1...go, one athlete will commence on the 15-12-9 reps of snatch and chest to bar (pull ups for intermediate). On completion they will run to the finish line and athlete 2 can simultaneously run out to the bar, change the weights and commence the 12-9-6 reps of the shoulder to overhead and bar muscle ups (chest to bar for intermediate). On completion they will run to the finish line and athlete 3 can run out to the bar, change the weights and commence the 9-6-3 reps of the clean and jerk and rollover/bar muscle up (bar muscle ups/chest to bar for intermediate).

At the completion athlete 3 will run to the finish line at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.

Rollover / Bar Muscle Up – For the rollover, the grip can be overhand or underhand. Do a half pull-up first and then lift your legs up and around the bar. At the end of the movement, when the legs are already down, you need to straighten your arms so you're in a full lockout position at the top of the bar. You can go from this position immediately into a bar muscle up or drop down, jump back up and perform a bar muscle up. Reps do not need to be unbroken. For the 9 reps, you will only perform 5 bar rollovers and 4 bar muscle ups. **Athletes need to show full extension at the bottom of the rollover before the muscle up as well as at the bottom of the muscle up before the rollover.**

* Intermediate males can perform 9-6-3 bar muscle ups or 18-12-6 chest to bar. If they start on bar muscle ups, they have to stick to bar muscle ups for the duration of the workout.

* Only the working athlete is allowed to change the weights, and this cannot be done until the previous athlete has finished their set.



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ELEVATE
FOR TIME (12 MIN TIME CAP)
<u>ATHLETE 1</u>
27-21-15-9
Deadlifts (70kg/50kg)
Knee Raises
<u>ATHLETE 2</u>
27-21-15-9
Deadlifts (70kg/50kg)
Knee Raises
<u>ATHLETE 3</u>
27-21-15-9
Deadlifts (70kg/50kg)
Knee Raises

At the call of 3,2,1...go, athlete 1 will perform 27-21-15-9 reps of deadlift and knee raises. On completion they will run to the finish line and athlete 2 can simultaneously run out to the bar, change the weights if necessary and perform 27-21-15-9 reps of deadlift and knee raises. On completion they will run to the finish line and athlete 3 can run out to the bar, change the weights if necessary and perform 27-21-15-9 reps of deadlift and knee raises.

At the completion athlete 3 will run to the finish line at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.



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TEEN 14-15	TEEN 16-17
FOR TIME (12 MIN CAP) <u>ATHLETE 1</u> 12-9-6 Power Snatch (30kg/20kg) Pull Ups <u>ATHLETE 2</u> 12-9-6 Clean & Jerk (35kg/25kg) Chest to bar (male)/Pull Ups (Female) <u>ATHLETE 1</u> 12-9-6 Clean & Jerk (35kg/25kg) Chest to bar (male)/Pull Ups (Female) <u>ATHLETE 2</u> 12-9-6 Power Snatch (30kg/20kg) Pull Ups	FOR TIME (12 MIN CAP) <u>ATHLETE 1</u> 12-9-6 Power Snatch (40kg/30kg) Pull Ups <u>ATHLETE 2</u> 12-9-6 Clean & Jerk (45kg/35kg) Chest to bar (male)/Pull Ups (Female) <u>ATHLETE 1</u> 12-9-6 Clean & Jerk (45kg/35kg) Chest to bar (male)/Pull Ups (Female) <u>ATHLETE 2</u> 12-9-6 Power Snatch (40kg/30kg) Pull Ups

At the call of 3,2,1...go, athlete 1 will commence on the 12-9-6 reps of snatch and pullups. On completion they will run back to the start to tag athlete 2 who will then run out to the bar, change the weights and commence the 12-9-6 reps of the clean and jerk and chest to bar/pull ups. Athlete 2 will run back to the start to tag their partner who will come out and perform the 12-9-6 reps of the clean and jerk and chest to bar/pull ups and then run to the finish line. While running to the finish line, athlete 2 may commence 12-9-6 reps of snatch and pullups. Once complete they will run to the finish line at which time their time will be recorded. Should they fail to finish their total number of reps will be recorded.