



## NEW ZEALAND AFFILIATES - EVENT 1

### FOR TIME (9 MIN TIME CAP)

#### Auckland and Christchurch

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<b>P1. 10 cal bike/24 Chest to Bar/10 cal bike</b> <b>P2. 10 cal bike/15 Bar Muscle Ups/10 cal bike</b> <b>P3. 10 cal bike/10 Ring Muscle Ups/10 cal bike</b>	<b>P1. 10 cal bike/20 Toes to Bar/10 cal bike</b> <b>P2. 10 cal bike/24 Pull Ups/10 cal bike</b> <b>P3. 10 cal bike/12 Chest to Bar/10 cal bike</b>	<b>P1. 15 cal bike/20 Knee Raises/15 cal bike</b> <b>P2. 15 cal bike/20 Knee Raises/15 cal bike</b> <b>P3. 15 cal bike/20 Knee Raises/15 cal bike</b>

### FOR TIME (9 MIN TIME CAP)

#### Palmerston North and Wellington

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
<b>P1. 10 cal bike/20 Toes to Bar/10 cal bike</b> <b>P2. 10 cal bike/24 Chest to Bar/10 cal bike</b> <b>P3. 10 cal bike/12 Bar Muscle Ups/10 cal bike</b>	<b>P1. 10 cal bike/20 Toes to Bar/10 cal bike</b> <b>P2. 10 cal bike/24 Pull Ups/10 cal bike</b> <b>P3. 10 cal bike/12 Chest to Bar/10 cal bike</b>	<b>P1. 15 cal bike/20 Knee Raises/15 cal bike</b> <b>P2. 15 cal bike/20 Knee Raises/15 cal bike</b> <b>P3. 15 cal bike/20 Knee Raises/15 cal bike</b>

\*Please note the machine might change dependent on location.

At the call of 3,2,1, go.....partner 1 will perform 10 calories on the bike, go the rig and perform 20 toes to bar, and then 10 calories on the bike. On completion they will tag P2 who will perform 10 calories, 24 chest to bar (Intermediate – pull ups), and 10 calories. They will then tag P3 who will perform 10 calories, 12 bar muscle ups (chest to bar for intermediate) and then finish the 10 cal.

Beginners will go through the workout in the same flow however they will all do 15 calories, 20 knee raises and 15 calories.

Auckland and Christchurch RX athletes will perform P1 – 24 Chest to bar, P2 – 15 Bar Muscle Ups and P3 – 10 Ring Muscle Ups.

The score is total time taken to finish. Should you not finish within the time cap the score will be number of reps completed.

## **MOVEMENT STANDARDS**

### **TOES TO BAR**

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

### **KNEE RAISES**

Athletes must start from full hang to having the knees come up above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep.

### **PULL-UPS**

This is a standard chin-over-bar pull up. Dead hand, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.

At the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

### **CHEST TO BAR**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

### **BAR MUSCLE UP**

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

### **RING MUSCLE UP**

In the muscle-up, the athlete 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 heels may not rise above the height of the rings during the kip. The elbows must be fully locked out while in the support position above the rings.