



UK AFFILIATES - EVENT 1

FOR TIME (9 MIN TIME CAP)

Surrey

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

FOR TIME (9 MIN TIME CAP)

Manchester

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

*Please note the machine might change dependent on location.

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

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

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.