



GOLD COAST - EVENT 1

FOR TIME (14 MIN TIME CAP)

<u>RX</u>	<u>INTERMEDIATE</u>	<u>BEGINNERS</u>
P1. 25 cal bike/24 Chest to Bar/25 cal bike P2. 25 cal bike/15 Bar Muscle Ups/25 cal bike P3. 25 cal bike/10 Ring Muscle Ups/25 cal bike	P1. 25 cal bike/21 toes to bar/25 cal bike P2. 25 cal bike/18 pull ups/25 cal bike P3. 25 cal bike/15 chest to bar/25 cal bike	P1. 25 cal bike/25 Knee Raises/25 cal bike P2. 25 cal bike/25 Knee Raises/25 cal bike P3. 25 cal bike/25 Knee Raises/25 cal bike

RX Athletes - At the call of 3,2,1, go.....partner 1 will perform 25 calories on the bike, go the rig and perform 24 Chest to Bar and then 25 calories on the bike. On completion they will tag P2 who will perform 25 calories, 15 bar muscle ups and 25 calories. They will then tag P3 who will perform 25 calories, 10 ring muscle ups and 25 calories.

Intermediate Athletes - At the call of 3,2,1, go.....partner 1 will perform 25 calories on the bike, go the rig and perform 21 toes to bar and then 25 calories on the bike. On completion they will tag P2 who will perform 25 calories, 18 pull ups and 25 calories. They will then tag P3 who will perform 25 calories, 15 chest to bar and 25 calories.

Beginners will go through the workout in the same flow however they will all do 25 calories, 25 knee raises and 25 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.

RING MUSCLE UP

In the ring 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. 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.