



# LIVE STAGE “THE GENERALIST”



## Rx, Intermediate

On a running clock, from 0:00-5:00:

- Buy-In: 50/35 Cal Row + 35/25 Cal Bike
- Then, AMRAP:
  - 15 Power Cleans (185/125, 135/95)
  - 15 Toes to Bar (Rx: Synchro)

On the running clock, from 6:00-10:00:

- Buy-In: 35/25 Cal Row + 25/18 Cal Bike
- Then, AMRAP:
  - 10 Front Squats (185/125, 135/95)
  - 10 Chest to Bar Pull-ups (Rx: Synchro)

On the running clock, from 11:00-14:00:

- Buy-In: 25/18 Cal Row + 18/12 Cal Bike
- Then, AMRAP:
  - 5 Thrusters (185/125, 135/95)
  - 5 Bar Muscle Ups (Rx: Synchro)

## Scaled

On a running clock, from 0:00-5:00:

- Buy-In: 35/25 Cal Row + 25/18 Cal Bike
- Then, AMRAP:
  - 15 Power Cleans (95/65)
  - 15 AbMat Sit-ups

On the running clock, from 6:00-10:00:

- Buy-In: 25/18 Cal Row + 18/12 Cal Bike
- Then, AMRAP:
  - 10 Front Squats (95/65)
  - 10 Ring Rows

On the running clock, from 11:00-14:00:

- Buy-In: 18/12 Cal Row + 12/8 Cal Bike
- Then, AMRAP:
  - 5 Thrusters (95/65)
  - 5 Pull-ups

## NOTES

The workout will begin with a clock set to count upwards from 0:00 to 14:00. At 3-2-1-GO, teams will begin the three-part interval style workout.

Teams will begin with athletes simultaneously working to complete the row and bike Calories. Once the prescribed number of Calories for the Buy-In have been completed, teams will move on to performing As Many Reps as Possible of the barbell/gymnastics couplet. Teams may split the barbell repetitions between athletes in any way they see fit. Non-Rx teams may also split the gymnastics repetitions in any way they see fit. Rx teams must perform synchronized repetitions of the gymnastics movement.

A team's score for each interval will be the total number of repetitions of the AMRAP couplet performed.

The tiebreak is the time to complete the first set of barbell movement in each interval.

## EQUIPMENT

- Concept2 Row Erg
- Rogue Echo Bike
- Barbell appropriately loaded for your division
- “Speal” Pull-up bar
- Scaled: Gymnastics rings

# MOVEMENT STANDARDS

## ROW

- The monitor on the rower must be reset to zero prior to the start of each interval.
- The athlete must remain seated on the rower until the monitor reads the prescribed number of Calories.

## BIKE

- The monitor on the bike must be reset to zero prior to the start of each interval.
- The athlete must remain seated on the bike until the monitor reads the prescribed number of Calories.

## POWER CLEAN

- The barbell begins on the ground.
- Touch and go reps are permitted.
- No bouncing or dropping the barbell and catching it on the rebound. Once dropped, the barbell must settle on the ground prior to the athlete starting the next repetition.
- The bar must be cleaned from the floor in a continuous motion. Deadlifts into a Hang Clean will not be permitted.
- The athlete must catch the bar above parallel with the feet in-line for the rep to count. Squat Cleans and Split Cleans will not be permitted. Muscle Cleans will be permitted.
- The rep is credited when the athlete's hips and knees are fully extended with the bar resting on the shoulders with the elbows in front of the bar.

## FRONT SQUATS

- This is the standard barbell front squat with the bar resting on the shoulders in the front rack position.
- The bar starts on the ground.
- The hip crease must clearly pass below the top of the knee in the bottom position.
- A full squat clean into the front squat is allowed when the bar is taken from the floor.
- If the bar is dropped, it must settle on the ground before the athlete picks it up for the next repetition.
- The rep is credited when the athlete's hips and knees are fully extended with the bar resting on the shoulders with the elbows in front of the bar.

## THRUSTERS

- This is the standard barbell thruster in which the barbell moves from the bottom of a front squat to a push press.
- The bar starts on the ground.
- The hip crease must clearly pass below the top of the knee in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.
- If the bar is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Any re-bending of the knees as the bar goes overhead will be considered a jerk and is therefore not permitted. This includes taking steps forward or backwards.
- The rep is credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended and the bar directly over the middle of the athlete's body.

## ABMAT SIT-UPS

- Each rep of the sit-up begins with the athlete lying on the floor, legs in "butterfly" position, back in contact with the AbMat, and hands touching the floor above the athlete's head.
- The rep is credited once the athlete raises their torso until their shoulders are in front of the vertical plane of their hips and their hands touch the floor in front of their feet.

## TOES TO BAR

- Begin by hanging from the bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are permitted.
- The rep is credited when the feet come into contact with the bar at the same time, between the hands.
- Any part of the feet may make contact with the bar.

## RING ROWS

- The bottom (outer edge) of the rings must be 30" off the floor (equal to the top of a tall jump box).
- Start with the heels on a tape line on the floor directly underneath the rings.
- Lean back and straighten the arms to lower the body to the bottom position.

## PULL-UPS

- Strict, kipping, or butterfly reps are allowed.
- Start hanging from the bar with the arms at full extension.
- The rep is credited when the chin passes above the horizontal plane of the bar.
- Any grip may be used.

## CHEST TO BAR PULL-UPS

- Strict, kipping, or butterfly reps are allowed.
- Start hanging from the bar with the arms at full extension.
- The rep is credited when the chest clearly comes into contact with the bar below the collarbone.
- Any grip may be used.

## BAR MUSCLE UPS

- Begin by hanging from the bar with arms extended.
- Kipping is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the bar at any time.
- The rep is credited when the arms are locked out with the athlete in support position above the bar.
- Removing the hands from and resting on top of the bar is not allowed.

# SCORECARD – “THE GENERALIST”

## PART A 0:00-5:00

<b>ROW CALORIES</b> (Rx/I: 50/35, Sc: 35/25) + <b>BIKE CALORIES</b> (Rx/I: 35/25, Sc: 25/18)	
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15 Power Cleans*	15
15 Toes to Bar / AbMat Situps	30
15 Power Cleans	45
15 Toe to Bar / AbMat Sit-ups	60
15 Power Cleans	75
15 Toes to Bar / AbMat Sit-ups	90
15 Power Cleans	105
15 Toes to Bar / AbMat Sit-ups	120

## PART B 6:00-10:00

<b>ROW CALORIES</b> (Rx/I: 35/25, Sc: 25/18) + <b>BIKE CALORIES</b> (Rx/I: 25/18, Sc: 18/12)	
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10 Front Squats*	10
10 C2B Pull-ups / Ring Rows	20
10 Front Squats	30
10 C2B Pull-ups / Ring Rows	40
10 Front Squats	50
10 C2B Pull-ups / Ring Rows	60
10 Front Squats	70
10 C2B Pull-ups / Ring Rows	80

**PART C**  
**11:00-14:00**

<b>ROW CALORIES</b> (Rx/I: 25/18, Sc: 18/12) + <b>BIKE CALORIES</b> (Rx/I: 18/12, Sc: 12/8)	
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<b>5 Thrusters*</b>	5
<b>5 Bar Muscle Ups / Pull-ups</b>	10
<b>5 Thrusters</b>	15
<b>5 Bar Muscle Ups / Pull-ups</b>	20
<b>5 Thrusters</b>	25
<b>5 Bar Muscle Ups / Pull-ups</b>	30
<b>5 Thrusters</b>	35
<b>5 Bar Muscle Ups / Pull-ups</b>	40

<b>PART A SCORE:</b>	
<b>Total Reps Completed</b> _____	<b>Tiebreak Time</b> _____

<b>PART B SCORE:</b>	
<b>Total Reps Completed</b> _____	<b>Tiebreak Time</b> _____

<b>PART C SCORE:</b>	
<b>Total Reps Completed</b> _____	<b>Tiebreak Time</b> _____

**Judge Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_