



ONLINE STAGE WORKOUT 3



Rx/Intermediate

Complete for Time (9:00 time cap):

40-30-20-10

- Handstand Push-ups
- Pull-ups / C2B / Bar MU / Ring MU

Scaled

Complete for Time (9:00 time cap):

40-30-20-10

- DB Push Press (2x35/20)
- Ring Rows / T2B / Pull-ups / C2B

NOTES

The workout will begin with a clock set to count upwards from 0:00 to 9:00. At 3-2-1-GO, teams will begin the chipper style workout.

With one athlete working at a time, teams will move through the movements in the order listed, completing the entire number of listed repetitions prior to beginning the next movement. There is no minimum work requirement for a given athlete on any movement. Teams may split the repetitions between athletes in any way they see fit. Athletes will continue in this alternating manner until the team has completed 200 repetitions or the clock has reached the time cap of 9-minutes.

A team's score will be the time to complete the 200 repetitions. Teams that do not complete all 200 repetitions at the time cap will receive a score of the total number of repetitions completed.

There is no tiebreak in this workout.

EQUIPMENT

- Pull-up bar
- Gymnastics rings (Sc: low, Rx/I: high)
- Dumbbells appropriate for your division

Prior to the start of the workout, the Rx/Intermediate division will need to measure a 24"x36" box on the floor with the 36" edge along the wall for Handstand Push-ups. The Scaled division will need to set low rings at 30" off the floor with a line of tape directly underneath the rings on the floor.

Be sure that athletes have adequate space to safely perform all the movements within the workout. Clear the area of all extra equipment, people, or other obstructions.

VIDEO SUBMISSION STANDARDS

- Film the HSPU box (Rx/I), the low rings (Sc), and dumbbells (Sc) showing appropriate measurements and weights.
- Videos must be uncut and unedited to accurately display the performance.
- The equipment and a clock/timer must remain in the frame for the entirety of the workout.
- Shoot the video so that all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye or otherwise distorted lens will be rejected.

MOVEMENT STANDARDS

HANDSTAND PUSH-UPS

- Measure a 24"x36" box on the floor, with the 36" edge against the wall, extending 24" away from the wall.
- Begin inverted, with arms locked out and no part of the palms outside the lines of the box on the floor, heels in contact with the wall, hips open, and body in line with the arms.
- The rep must begin at the top position, not directly into a headstand.
- Only the heels may be touching the wall at the start and finish of each rep.
- At the bottom, the head must make contact with the ground.
- If the head and hands are on different surfaces (plates and AbMat), the surfaces must be level.
- The feet do not need to maintain contact with the wall throughout the rep.
- Kipping is allowed.
- The rep is counted upon returning to the starting position, with only heels touching the wall, arms locked out, hips open, and body in line with the arms.

DOUBLE DB PUSH PRESS

- Begin with the dumbbells held in a front rack position, with one head touching the top of the shoulders.
- The legs may be used to initiate the movement of the push press, but the knees must remain straight as the weights are pressed overhead.
- Any re-bending of the knees as the weight goes overhead will be a no-rep.
- The rep is credited when:
 - The dumbbells are at full lockout overhead, with the hips, knees, and arms fully extended.
 - The dumbbells are directly over or slightly behind the middle of the body.

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.

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.

C2B 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.

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.

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.

RING MUSCLE UPS

- Begin hanging from the rings with arms fully extended.
- If performing consecutive reps, a change of direction under the rings is required.
- The rep is credited when the arms are fully locked out in the support position.
- Must pass through some portion of the dip before reaching lockout.
- Kipping is allowed, but swings or rolls to support are not.
- No part of the foot may rise above the rings during the kip.

SCORECARD – WORKOUT 3

Rx/Intermediate

40 HSPU	40
40 Pull-ups	80
30 HSPU	110
30 C2B Pull-ups	140
20 HSPU	160
20 Bar Mus	180
10 HSPU	190
10 Ring MUs	200

Scaled

40 DB Push Press	40
40 Ring Rows	80
30 DB Push Press	110
30 Toes to Bar	140
20 DB Push Press	160
20 Pull-ups	180
10 DB Push Press	190
10 C2B Pull-ups	200

TIME TO COMPLETE 200 REPETITIONS _____

- or if less than 200 reps were completed at the time cap -

NUMBER OF REPETITIONS COMPLETED AT 9:00 _____