

WORKOUT THREE

**MEET ME AT
THE BAR**

PRESENTED BY



ROMWOOD

12 MINUTE AMRAP:

21-15-9

DEADLIFTS

PULL-UPS

RIGHT INTO >>

15-12-9

FRONT SQUATS

CHEST-TO-BAR

RIGHT INTO >>

12-9-6

SHOULDER-TO-OVERHEAD

BAR MUSCLE-UPS

TIME CAP /
12 MIN

SCORE /
TOTAL REPS

<p>ELITE/RX, 35-39, 40-44</p> <p>165, 115 LB (75, 52 KG)</p>	<p>45-49</p> <p>155, 105 LB (70, 47 KG)</p>	<p>INTER, 16-18</p> <p>135, 95 LB (61, 43 KG)</p>
<p>50-54</p> <p>135, 95 LB (61, 43 KG) 9-6-3 BMU</p>	<p>55-59</p> <p>115, 85 LB (52, 38 KG) 6-4-2 BMU</p>	<p>60-64</p> <p>105, 75 LB (47, 34 KG) 6-4-2 BMU</p>
<p>65+</p> <p>75, 55 LB (34, 25 KG) 3-2-1 BMU</p>	<p>13-15</p> <p>95, 65 LB (43, 29 KG) 6-4-2 BMU</p>	<p>MODIFIED: SCALED, BEGINNER</p> <p>75, 55LB JUMPING PULL-UPS/PULL-UPS/C2B</p>

REQUIRED EQUIPMENT /

Pull Up Bar, Barbell, Plates, Clips or collars

SCORING /

Total number of repetitions completed before time expires.

An athlete may choose to perform the “Modified” version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank lower than any athlete that elects to perform the workout as prescribed.

WORKOUT FLOW /

This workout begins with the athlete standing tall at the barbell. At the start of the clock, the athlete will begin completing 21 deadlifts and 21 of their prescribed gymnastics movement, followed by 15 deadlifts and 15 of their prescribed gymnastics movement, followed by 9 of each.

At the completion of the last gymnastics movement, the athlete will then complete 15, 12 and 9 repetitions of front squats and their prescribed gymnastics movement.

WORKOUT FLOW (CONT.) /

At the completion of the last repetition of their prescribed gymnastics movement, the athlete will then complete the last prescribed set of shoulder to overhead and their prescribed gymnastics movement.

If an athlete finishes the final couplet of shoulder to overhead and gymnastic movements, if time remains, shall begin again at the start of the workout (21-15-9) until time expires.

The workout ends when the 12 minute mark expires.

MOVEMENT STANDARDS /

Deadlift

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. Any hand position is allowed, but the arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

Front Squat

The barbell must be racked on the front of the shoulders. At the top, the hips and knees must be fully extended. Any grip is permitted as long as the bar is in the front rack position. At the bottom, the hip crease must be clearly below the top of the knee. A full squat clean is permitted, but not required, to start the movement if standard depth is achieved. The weight must begin on the ground; no racks allowed.

Shoulder to Overhead

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If an athlete uses a split jerk, their feet must return under the hips to meet the requirement of elbow, shoulder, hips and knees all being fully extended and weight over the heels.

Pull-Ups

This is a standard pull-up. At the bottom, the arms must be fully extended with the feet off the ground. At the top, the chin must break the horizontal plane of the bar. Any style of pull-up is permitted, as long as all the requirements are met.



MOVEMENT STANDARDS (CONT.) /

Chest to Bar Pull-Up

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. At the top, the chest must clearly come into contact with the bar, below the collarbone.

Jumping Pull-Up

For jumping pull-ups, the bar should be set so it is at least 6 inches above the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Any grip is permitted. At the top, the chin must clearly break the horizontal plane of the bar.

Bar Muscle-Up

Each rep begins with a pass through or hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over 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. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wear hand protection (gymnastics-style grips, gloves, etc.).

FILMING RECOMMENDATIONS /

- Film the pull-up bar, barbell, and plates so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge or a clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)

ELITE, RX, INTERMEDIATE, 35-39, 40-44, 45-49, 16-18 DIVISIONS

ROUND 1

	21	15	9		15	12	9		12	9	6		
DL	21	57	81	→	FS	105	132	153	→	SH2OH	174	195	210
PU	42	72	90		C2B	120	144	162		BMU	186	204	216

ROUND 2

	21	15	9		15	12	9		12	9	6		
DL	237	273	297	→	FS	321	348	369	→	SH2OH	390	411	426
PU	258	288	306		C2B	336	360	378		BMU	402	420	432

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

50-54 DIVISION

ROUND 1

	21	15	9		15	12	9		12	9	6		
DL	21	57	81	→	FS	105	132	153	→	SH2OH	174	192	204
PU	42	72	90		C2B	120	144	162			9	6	3
										BMU	183	198	207

ROUND 2

	21	15	9		15	12	9		12	9	6		
DL	228	264	288	→	FS	312	339	360	→	SH2OH	381	399	411
PU	249	279	297		C2B	327	351	369			9	6	3
										BMU	390	405	414

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

55-59, 60-64, 13-15 DIVISIONS

ROUND 1

	21	15	9		15	12	9		12	9	6		
DL	21	57	81	→	FS	105	132	153	→	SH2OH	174	189	199
PU	42	72	90		C2B	120	144	162		BMU	6	4	2

ROUND 2

	21	15	9		15	12	9		12	9	6		
DL	222	258	282	→	FS	306	333	354	→	SH2OH	375	390	400
PU	243	273	291		C2B	321	345	363		BMU	6	4	2

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

65+ DIVISION

ROUND 1

	21	15	9		15	12	9		12	9	6		
DL	21	57	81	→	FS	105	132	153	→	SH2OH	174	186	194
PU	42	72	90		C2B	120	144	162		BMU	3	2	1

ROUND 2

	21	15	9		15	12	9		12	9	6		
DL	216	252	276	→	FS	300	327	348	→	SH2OH	369	381	389
PU	237	267	285		C2B	315	339	357		BMU	3	2	1

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SCALED, BEGINNER DIVISIONS

ROUND 1

	21	15	9		15	12	9		12	9	6		
DL	21	57	81	→	FS	105	132	153	→	SH2OH	174	195	210
JPU	42	72	90		PU	120	144	162		C2B	186	204	216

ROUND 2

	21	15	9		15	12	9		12	9	6		
DL	237	273	297	→	FS	321	348	369	→	SH2OH	390	411	426
JPU	258	288	306		PU	336	360	378		C2B	402	420	432

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____