



WORKOUT THREE

**MEET ME AT
THE BAR**

PRESENTED BY



UPPER IMPAIRMENT

12 MIN AMRAP

21-15-9

DEADLIFTS (115, 65LB)
(ABOVE ELBOW 85/45) (SHORT STATURE 85/45)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS

PULL-UPS

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

C2B PULL UPS

(ABOVE ELBOW JUMPING CHEST TO BAR)

LOWER IMPAIRMENT

12 MIN AMRAP

21-15-9

DEADLIFTS (115, 65LB)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS TO A BOX

PULL-UPS

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

C2B PULL UPS



NEUROMUSCULAR

12 MIN AMRAP

21-15-9

DEADLIFTS (75, 55LB)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS
(SQUAT TO BOX AT PARALLEL)

JUMPING CHEST TO BAR

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

PULL UPS

SEATED

12 MIN AMRAP

15-12-9 REPS

DUMBBELL (DB) DEADLIFTS (35, 20LBS)

PULL-UPS

RIGHT INTO...

12-9-6 REPS

DB SWING CLEANS

CHEST-TO-BAR

RIGHT INTO...

9-6-3 REPS

DB SHOULDER TO OVERHEAD

RING MUSCLE-UPS

SCALED UPPER IMPAIRMENT

12 MIN AMRAP

21-15-9

DEADLIFTS (75, 45LB)
(SHORT STATURE 45/35)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS

JUMPING PULL-UPS

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

JUMPING C2B PULL UPS

SCALED LOWER IMPAIRMENT

12 MIN AMRAP

21-15-9

DEADLIFTS (75, 45LB)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS 2 BOX

JUMPING PULL-UPS

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

JUMPING C2B PULL UPS

SCALED NEUROMUSCULAR

12 MIN AMRAP

21-15-9

DEADLIFTS (45, 35LB)

JUMPING PULL-UPS

RIGHT INTO...

15-12-9

FRONT SQUATS
(SQUAT TO BOX AT PARALLEL)

JUMPING PULL-UPS

RIGHT INTO...

(12-9-6)

SHOULDER-TO-OVERHEAD

PULL UPS

SCALED SEATED

12 MIN AMRAP

15-12-9 REPS

DUMBBELL (DB) DEADLIFTS (25, 15LBS)

PULL-UPS

RIGHT INTO...

12-9-6 REPS

DB SWING CLEANS

PULL-UPS

RIGHT INTO...

9-6-3 REPS

DB SHOULDER TO OVERHEAD

BOX DIPS

UPPER RX

115, 65 LB

LOWER RX

115, 65 LB

NEUROMUSCULAR RX

75, 55 LB

SEATED RX

35, 20 LB

UPPER SCALED

75, 45 LB

LOWER SCALED

75, 45 LB

NEUROMUSCULAR SCALED

45, 35 LB

SEATED SCALED

25, 15 LB

SHORT STATURE

85, 45 LB

REQUIRED EQUIPMENT /

Pull Up Bar, Barbell, Plates, Clips or collars, 2x Gymnastic rings, Measuring tape

SCORING /

Total number of repetitions completed before time expired.

WORKOUT FLOW /

This workout begins with the athlete standing/seated tall at the barbell/ Dumbbells. At the start of the clock, the athlete will begin completing prescribed rep schemes per division of deadlifts and their prescribed gymnastics movement, followed by the next prescribed rep schemes per division deadlifts and their prescribed gymnastics movement, followed by prescribed rep schemes per division of each.

At the completion of the last gymnastics movement, the athlete will then complete prescribed rep schemes per division of front squats/Dumbbell Swing Cleans and their prescribed gymnastics movement.

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

The workout ends when the 12 minute mark expires.

MOVEMENT STANDARDS (CONT.) /

STANDING 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.

MOVEMENT STANDARDS (CONT.) /

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.

Chest to Bar Pull-Ups

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.

Jumping Chest to bar Pull-Up

For jumping C2B 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 collar bone must clearly contact the horizontal plane of the bar.

SEATED MOVEMENT STANDARDS

Dumbbell Deadlift

The Athlete will start seated in a wheelchair or on a box/bench. The athlete will reach down and grab the Dumbbells (DB) with both hands and must pull the DB's at the same time from the floor to the top of the rep. The dumbbell head only needs to touch one head if able to reach the floor, The top of the rep will consist of shoulders over hips and arms fully extended at side with DBs off the floor. The DBs must return to the start point with the full bottom of Dumbbells touching the floor before the next rep starts. If

MOVEMENT STANDARDS (CONT.) /

the athlete can not reach the floor, the floor may be raised to a point where the chest touches the knees and the arms are fully extended. pinning the dumbbells to the wheel is not allowed. Dumbbells must move up and down freely.

NOTE: Scaled athletes may pull DBs off 2 inch plates.

Dumbbell Swing Clean

Each set of dumbbell swing cleans begins with dumbbells on the ground.

Hold the dumbbells in the hang position during the start.

Dumbbells swing from behind the hips to full front rack position. The front rack position will consist of the bottom end of the dumbbell clearly on top of the shoulder with elbows in front of the dumbbells. The Dumbbell must clearly pass behind the hips with a straight arm at the start of each swing.

The rep is credited when:

- the dumbbells are in front rack position, with the shoulders over the hips, and elbows in front of the dumbbells.
- both dumbbells are in the front rack position before beginning the next rep.

Dumbbell Shoulder To Overhead

The Dumbbell (DB) will start on the floor before the first rep of each set. The athlete will lift the first rep to a cleaned position. One head of the DB must touch the shoulder before moving through the press at the top of the rep finishing directly over head. The top of the rep will consist of elbows locked out, DBs directly over shoulders and athletes sitting tall in the seat with shoulders over hips. Each rep must start with Dumbbell touching shoulder.

pull Ups

Athletes will start on the floor or chair under the pull up bar. The athlete will then slide off the chair or box to set up in full Hang position and feet can remain on the floor. Each rep must start with this full arm extended hang position, butt off floor and arms at full extension. At the top of the rep athlete must clear the chin above the pull up bar to be considered a successful rep. The athlete then must return to the starting position in full Hang before attempting the next rep. Butterfly, kipping, Strict, switch grip or chin up grip are all acceptable as long as the above standards are met

Scaled Athletes Seated Pull-Up

Athletes will remain in the chair. At the bottom of the rep they may be seated but arms must be at full extension under the bar. Top of rep standards remain the same with chin over bar.

FILMING RECOMMENDATIONS /

Chest To Bar Pull Ups

Athletes will start on Chair or box under the pull up bar. The athlete will then slide off the chair or box to set up in full Hang position and feet can remain on the floor. Each rep must start with this full arm extended hang position, butt off floor and arms at full extension. At the top of the rep athlete must clear the collar bone above the pull up bar and make contact with the body and bar below the collarbone to be considered a successful rep. The athlete then must return to the starting position in full Hang before attempting the next rep. Athletes may rest in chair between reps but before starting the next rep they must reach full hang at the bottom again. Butterfly, kipping, Strict, switch grip or chin up grip are all acceptable as long as the above standards are met

Ring Muscle-Up

Begin hanging from the rings, with arms fully extended and feet can be on or off the ground. If performing consecutive kipping muscle-ups, a change of direction below the rings is required. The rep is credited when the elbows are fully locked out in the support position and feet off ground. Must pass through some portion of a dip before reaching lockout. Kipping is allowed, but swings or rolls to support are not permitted. No part of the foot may rise above the rings during the kip.

Box Dip (Scaled)

The athlete will start from the ground or in a chair sitting on their buttox between 2 boxes. Boxes will be positioned at a height so that at the bottom of the Dip the elbows and shoulders are at the same level and butt is touching the ground/chair.

At the top of the Dip the buttox must come off the ground/chair and arms must lock out directly parallel to the midline. Hands must be in line with hips at the top of the dip, they may not be positioned behind or in front of the hips. Locked out will consist of elbows fully extended at the top of the rep. Reps will be counted at the top of the Dip. Athletes may use plates to adjust the height of the dip station.

FILMING RECOMMENDATIONS /

- Film the pull-up bar, barbell/dumbbells, and plates so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or 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](#)

UPPER IMPAIRMENT

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		JPU	120	144	162		JC2B	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		JPU	336	360	378		JC2B	402	420	432

TOTAL REPS AT 12:00 CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

LOWER IMPAIRMENT

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

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ATHLETE NAME _____

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JUDGE NAME _____

NEUROMUSCULAR

ROUND 1

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NEUROMUSCULAR

ROUND 1

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