

WORKOUT 1

# MEET US AT THE BAR

PRESENTED BY **VHOOOP™**

**ELITE/RX**

**FOR TOTAL  
COMBINED TIME:**

**ATHLETE 1**

**27-21-15**

**DEADLIFTS**  
(225, 155LB) (102, 70KG)

**PULL-UPS**

**ATHLETE 2**

**21-15-9**

**FRONT SQUATS**  
(185, 125LB) (84, 57KG)

**CHEST-TO-BAR**

**ATHLETE 3**

**15-12-9**

**SHOULDER OH**  
(165, 115LB) (75, 52KG)

**BAR MUSCLE-UPS**

**INTER, SCALED,  
BEGINNER**

**FOR TOTAL  
COMBINED TIME:**

**ATHLETE 1**

**27-21-15**

**DEADLIFTS**  
(185, 125LB) (84, 57KG)

**PULL-UPS**

**ATHLETE 2**

**21-15-9**

**FRONT SQUATS**  
(155, 105LB) (102, 47KG)

**CHEST-TO-BAR**

**ATHLETE 3**

**15-12-9**

**SHOULDER OH**  
(135, 95LB) (61, 43KG)

**9-6-3**

**BAR MUSCLE-UPS**

**MODIFIED:  
SCALED, BEGINNER**

**FOR TOTAL  
COMBINED TIME:**

**ATHLETE 1**

**27-21-15**

**DEADLIFTS**  
(185, 125LB) (84, 57KG)

**JUMPING PULL-UPS**

**ATHLETE 2**

**21-15-9**

**FRONT SQUATS**  
(155, 105LB) (102, 47KG)

**PULL-UPS**

**ATHLETE 3**

**15-12-9**

**SHOULDER OH**  
(135, 95LB) (61, 43KG)

**9-6-3**

**CHEST TO BAR**

## REQUIRED EQUIPMENT /

Pull Up Bar, Barbell, Plates, Clips or collars

The official programmed weight is in pounds. For your convenience the minimum acceptable weights in kg are included in the workouts as listed. If substituting for unavailable equipment, athletes may work at or above the minimum listed weights, however not below.

## SCORING /

The sum of each athlete's total time for their chosen version of this workout will be the team's score.

\*\*If any athlete does not complete their couplet under the 8 min timecap, their score will need to include penalty seconds for the total unfinished reps..

As an example, if Athlete 2 completes only 72 of the 90 reps within the 8 min timecap, their score would be 8:18.

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 the entire team score lower than teams that elect to perform the workout as prescribed.

## WORKOUT FLOW /

For this workout each athlete will select one couplet of the barbell and gymnastics movements. The workout begins with the athlete standing tall in front of the barbell. At the start of the clock, the athlete will start completing the first set of repetitions of the barbell movement, at the completion of the first set the athlete may then advance to the pull up bar and perform their first set of repetitions of the gymnastics movement. At the completion of the first set of the gymnastics movement, the athlete will then return to the barbell and complete the second set of repetitions of the barbell movement, followed by the second set of the gymnastic movement. They will complete the final round in this same manner.

This workout ends when the athlete completes all the repetitions established in their chosen couplet, or the time-cap is reached.

## MOVEMENT STANDARDS /

### Athlete 1

#### Deadlift

This is a conventional 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 grip 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.

Lifting straps are not allowed.

#### Pull Ups

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap/wear hand protection (gymnastics-style grips, gloves, etc.) OR tape the pull-up bar, however not both.

#### Jumping Pull-up (Modified/scaled/beginner)

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.

### Athlete 2

#### 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 below the top of the knee. A full squat clean is permitted to start the movement if standard depth is achieved, but not required. The weight will begin on the ground; no racks allowed.

#### 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, with the athlete's feet off the ground. The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap/wear hand protection (gymnastics-style grips, gloves, etc.) OR tape the pull-up bar, however not both.

## ELITE/RX

### ATHLETE 1

	27	21	15
DL	27	75	111
PU	54	96	126

### ATHLETE 2

	21	15	9
FS	21	57	81
C2B	42	72	90

ATHLETE 1 TIME  :

ATHLETE 2 TIME  :

### ATHLETE 3

	15	12	9
SH2OH	15	42	63
BMU	30	54	72

ATHLETE 3 TIME  :

A1  + A2  + A3  = TEAM SCORE

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

## MOVEMENT STANDARDS (CONT.) /

### Athlete 3

#### Shoulder to Overhead

The barbell will begin on the ground, no racks allowed. 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.

#### Bar Muscle Ups

The athlete must begin with or pass through a 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 wrap/wear hand protection (gymnastics-style grips, gloves, etc.) OR tape the pull-up bar, however not both. \*"chicken wing" is ok so long as no part of the arm comes in contact with the pull-up bar. Body touching the bar on the way up is ok. Resting on top of the bar AND REMOVING HANDS is a NO REP.

## FILMING RECOMMENDATIONS /

- If competing for a spot at Wodapalooza Miami, each athlete must be prepared to provide an independent video of their performance.
- Along with the general intro, each athlete must identify which segment of the workout they will be performing ("Athlete 1, 2 or 3")
- 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 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](#)

INTERMEDIATE, SCALED, BEGINNER

## ATHLETE 1

	27	21	15
DL	27	75	111
PU	54	96	126

ATHLETE 1 TIME  :

## ATHLETE 2

	21	15	9
FS	21	57	81
C2B	42	72	90

ATHLETE 2 TIME  :

## ATHLETE 3

	15	12	9
SH2OH	15	36	51
	9	6	3
BMU	24	42	54

ATHLETE 3 TIME  :

A1  + A2  + A3  = TEAM SCORE

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

MODIFIED: SCALED, BEGINNER

## ATHLETE 1

	27	21	15
DL	27	75	111
JPU	54	96	126

ATHLETE 1 TIME  :

## ATHLETE 2

	21	15	9
FS	21	57	81
PU	42	72	90

ATHLETE 2 TIME  :

## ATHLETE 3

	15	12	9
SH2OH	15	36	51
	9	6	3
C2B	24	42	54

ATHLETE 3 TIME  :

A1  + A2  + A3  = TEAM SCORE

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_