



WORKOUT THREE *SCORECARD*



WORKOUT **THREE**

PRESENTED BY



SEATED 1 & 2

FOR TIME

400FT SHUTTLE WHEEL
40 PULL UPS
200FT SHUTTLE WHEEL
20 CHEST TO BAR
100FT SHUTTLE WHEEL
10 RMU

SEATED QUAD

FOR TIME

250FT SHUTTLE WHEEL
40 BOX DIPS
125FT SHUTTLE WHEEL
20 PULL UPS
50FT SHUTTLE WHEEL
40 BOX DIPS

SEATED SCALED

FOR TIME

250FT SHUTTLE WHEEL
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REQUIRED EQUIPMENT /

Tape to mark the floor for the shuttle wheels, Pull up bar, Plyo Boxes, Gymnastic Rings

FLOW /

This event is for time and begins with the athlete sitting behind their shuttle run tape, under the Rig. At the sound of 3,2,1 GO, athletes will perform a shuttle wheel, depending on the classification distances vary. Shuttle wheels will be taped off the 25 foot shuttle section.

At the completion of the shuttle wheel, athletes will perform the identified repetitions in each classification version of the pull-up.

At the completion of the pull-ups, athletes will perform a shorter shuttle wheel.

At the completion of the shuttle wheel, athletes will perform Identified repetitions according to classification for their version of chest to bar pull-ups.

At the completion of the version of chest to bar pull-ups, athletes will perform a shorter shuttle wheel

At the completion of the shuttle wheel, athletes will perform Identified repetitions according to classification for their version of Ring muscle ups.

At the completion of the version Ring muscle up, time will be recorded and this will be their score.

SCORING /

The score is the athlete's time it takes to complete the workout.

MOVEMENT STANDARDS /

SHUTTLE WHEEL

Each rep clearly starts with the athletes Wheels behind the start line. At each turnaround, both wheels must touch the ground over the line before the athletes may return. One wheel over or touching the line will not count.

PULL-UPS

Athletes will start on the floor 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

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.

MOVEMENT STANDARDS (CONT.) /

BOX DIPS

The athlete will perform this movement from outside of the wheelchair or assistive device. no athletes may use any item to sit off like a box or bench ect.

Boxes will be positioned at a height so that at the bottom of the Dip the elbows and shoulders are at the same level. Knees or feet may be touching the ground during the bottom portion of the Dip. At the top of the Dip knees must come off the ground 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.

SCALED VERSION OF PULL UPS

Athletes will start with feet on the floor or in a chair under the pull up bar. Each rep must start at a height with full arm extension and the athlete seated in a chair or on a box. 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 before attempting the next rep. Athletes may rest in chairs before starting the next rep.

VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.
- Do NOT use a countdown timer.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.



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20 CHEST TO BAR

100FT SHUTTLE WHEEL

10 RMU

TOTAL TIME

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ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



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SEATED QUAD

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40 BOX DIPS

125FT SHUTTLE WHEEL

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50FT SHUTTLE WHEEL

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TOTAL TIME

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ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



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SCALED

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TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____