



WORKOUT THREE *SCORECARD*



WORKOUT **THREE**

PRESENTED BY



UPPER IMPAIRMENT

FOR TIME

600FT SHUTTLE RUN

60 JUMPING CHEST TO BAR PULL UPS

400FT SHUTTLE RUN

40 ALTERNATING PISTOL SQUATS

200FT SHUTTLE RUN

20 SINGLE ARM RING ROWS

LOWER IMPAIRMENT

FOR TIME

500M ROW

50 PULL UPS

400M ROW

40 CHEST TO BAR

200M ROW

20 BAR MUSCLE UP

NEUROMUSCULAR MAJOR

FOR TIME

300M ROW
40 JUMPING PULL UPS
200M ROW
30 RING ROWS
100M ROW
20 KNEE BURPEES

SHORT STATURE

FOR TIME

400FT SHUTTLE RUN
60 JUMPING C2B PULL UPS
300FT SHUTTLE RUN
40 ALT PISTOL SQUATS
100FT SHUTTLE RUN
20 RING ROWS

NEUROMUSCULAR MINOR

FOR TIME

400M ROW
40 JUMPING PULL UPS
300M ROW
30 RING ROWS
200M ROW
20 BURPEES

SENSORY

FOR TIME

500M ROW
50 PULL UPS
400M ROW
40 CHEST TO BAR
200M ROW
20 BAR MUSCLE UP

REQUIRED EQUIPMENT /

Tape to mark the floor for the shuttle runs, Pull up bar, C2 Rower, Gymnastic Rings

FLOW /

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

At the completion of the shuttle run/Row, 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 run/ row. At the completion of the shuttle run/row, 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 run/Row

At the completion of the shuttle run/Row, athletes will perform Identified repetitions according to classification for their version of bar muscle ups.

At the completion of the version bar 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 RUN

Each rep clearly starts with the athletes feet behind the start line. At each turnaround, both feet and one hand must touch the ground over the line before the athletes may return. Stepping on or touching the line will not count.

MOVEMENT STANDARDS (CONT.) /

PULL-UPS

This is a standard 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 chin must clearly come above the bar.

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.

BAR MUSCLE UP

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.

JUMPING PULL UP

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.

At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted.

The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

JUMPING CHEST TO BAR

For jumping C2B pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, The rep is credited when the chest clearly comes into contact with the bar below the collarbone.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

MOVEMENT STANDARDS (CONT.) /

ALTERNATING PISTOL SQUAT (SINGLE LEG SQUAT)

- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Must alternate legs after every successful rep.
- Must complete a successful rep on one side before alternating.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

BURPEE TO FULL EXTENSION

Each burpee must be performed lateral to the Barbell. The chest and thighs touch the ground at the bottom.

- The top of the burpee the athlete must extend hips open with shoulders above the hips.
- The athlete will clap both hands above head before returning to the floor for the next repetition.

KNEE BURPEE

Athletes will start in a kneeling position, they may use a pillow or mat to protect the buttox or stop from going too far past Range of Motion in the knees while in kneeling position. The athlete will then thrust or crawl forward extending and dropping the chest to the floor in a bottom of push up position. The chest must touch the floor with hips and legs at full extension in a lying position. They will then reverse the movement finishing in kneeling position and shoulders over hips. athletes will clap out in front of the body before starting the next rep. Reps will be counted on the clap.

RING ROW

Rings will have been pre-adjusted so the bottom of the ring is 40 inches from the floor. A piece of tape will be on the floor directly below the rings. The Athlete will begin with the back of their heels on the far side of the tape (furthest away from the hands) and gripping the rings. The Athlete will bend their knees and lean back without the heels never moving to the near side of the tape (the side closest to the hands). The Athlete is in a proper position, the feet are planted with the back of the heels on the far side of the tape, AND the body is in a straight line from ankle to neck with arm(s) fully extended. Without kipping or losing the rigid body position the Athlete will pull their chest toward the rings. A rep is complete when the ring (s) break the plane of the chest.

NO REP– No reps include not having the body in a rigid line from ankle to neck, the rings not breaking the plane of the chest or the back of the heels moving to the near side of the tape.

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.



WORKOUT THREE SCORECARD



UPPER IMPAIRMENT

600FT SHUTTLE RUN

60 JUMPING C2B PULL UPS

400FT SHUTTLE RUN

40 ALT PISTOL SQUATS

200FT SHUTTLE RUN

20 SINGLE ARM RING ROWS

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



LOWER IMPAIRMENT

500M ROW

50 PULL UPS

400M ROW

40 CHEST TO BAR

200M ROW

20 BAR MUSCLE UP

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



NEUROMUSCULAR MAJOR

300M ROW

40 JUMPING PULL UPS

200M ROW

30 RING ROWS

100M ROW

20 KNEE BURPEES

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



NEUROMUSCULAR MINOR

400M ROW

40 JUMPING PULL UPS

300M ROW

30 RING ROWS

200M ROW

20 BURPEES

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



SHORT STATURE

400 FOOT SHUTTLE RUN

60 JUMPING CHEST TO BAR PULL UPS

300 FOOT SHUTTLE RUN

40 ALTERNATING PISTOL SQUATS

100 FOOT SHUTTLE RUN

20 RING ROWS

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



SENSORY

500M ROW

50 PULL UPS

400M ROW

40 CHEST TO BAR

200M ROW

20 BAR MUSCLE UP

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____