



WORKOUT THREE *SCORECARD*



WORKOUT THREE

PRESENTED BY



FOR TIME

- 600FT SHUTTLE RUN**
- 60 PULL-UPS**
- 400FT SHUTTLE RUN**
- 40 CHEST TO BAR PULL-UPS**
- 200FT SHUTTLE RUN**
- 20 BAR MUSCLE UPS**

TIME CAP /
10 MINUTES

SCORE /
TOTAL TIME

**ELITE/RX, INTER,
35-39, 40-44, 16-18**

- 600FT SHUTTLE RUN
- 60 PULL-UPS
- 400FT SHUTTLE RUN
- 40 CHEST TO BAR PULL-UPS
- 200FT SHUTTLE RUN
- 20 BAR MUSCLE UPS

45-49, 50-54

- 600FT SHUTTLE RUN
- 40 PULL-UPS
- 400FT SHUTTLE RUN
- 25 CHEST TO BAR PULL-UPS
- 200FT SHUTTLE RUN
- 15 BAR MUSCLE UPS

55-59, 60+, 13-15

- 600FT SHUTTLE RUN
- 40 PULL-UPS
- 400FT SHUTTLE RUN
- 20 CHEST TO BAR PULL-UPS
- 200FT SHUTTLE RUN
- 10 BAR MUSCLE UPS

MODIFIED:SCALED

- 600FT SHUTTLE
- 40 JUMPING PULL-UPS
- 400FT SHUTTLE
- 20 PULL-UPS
- 200FT SHUTTLE
- 10 CHEST TO BAR PULL-UPS



WORKOUT THREE SCORECARD



REQUIRED EQUIPMENT /

Tape to mark the floor for the shuttle runs, Pull up bar

FLOW /

This event is for time and begins with the athlete standing behind their shuttle run tape. At the start of the clock, athletes will perform a 600ft shuttle run, in 24 total 25ft increments. For avoidance of doubt, one rep is equivalent to one 25ft length.

Upon completion of the 24th length, the 600ft shuttle run is complete at which point the athlete will perform 60 pull-ups.

At the completion of the 60th pull-up, the athlete will once again complete shuttle runs, this time for a total of 400ft. This will be in 16 total 25ft increments.

At the completion of the 400 foot shuttle run, athletes will perform 40 chest to bar pull-ups.

At the completion of the 40th chest-to-bar pull-up, the athlete will complete one final 200ft shuttle run. This will be in 8 total 25ft increments.

Once complete, athletes will perform 20 bar muscle-ups. At the completion of the 20th repetition or the 10 minute time-cap, the workout will be complete, and the athlete's score will be recorded.

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.

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.

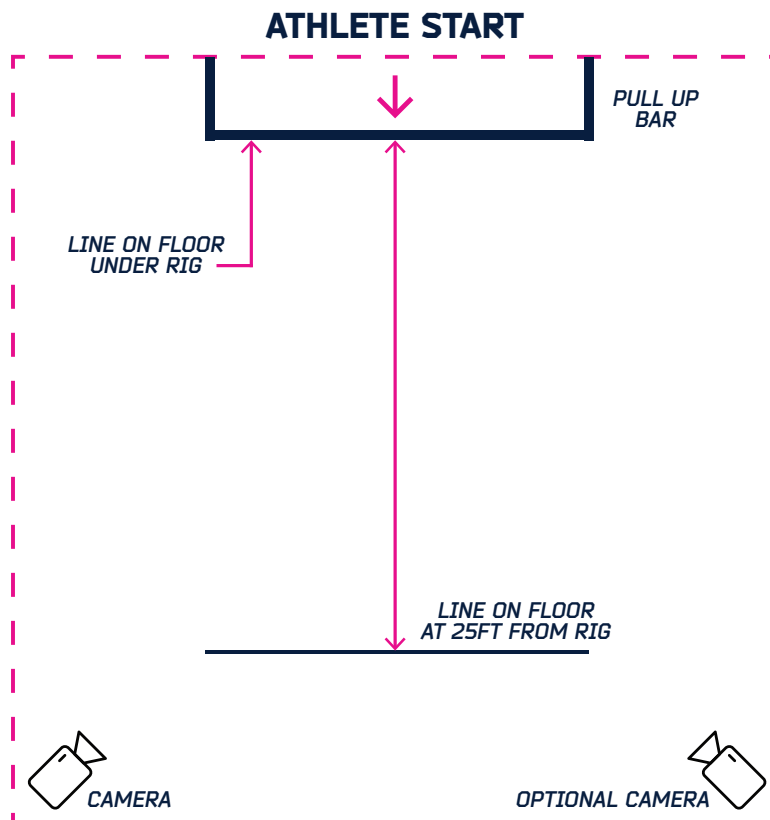
JUMPING PULL-UP

For the jumping pull-up, athletes must start with a pull-up bar that is at least 6 inches above the top of the athlete's head when the athlete is standing tall.

At the start of each repetition, the athletes arms must be fully extended, and the athlete may be standing on a box with knees bent as desired. At the top, the athlete's chin must break the horizontal plane of the pull-up bar.

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



ELITE/RX, INTER, 35-39, 40-44, 16-18

600FT SHUTTLE RUN
(24 LENGTHS X 25FT EACH)

24

60 PULL-UPS

84

400FT SHUTTLE RUN
(16 LENGTHS X 25FT EACH)

100

**40 CHEST-TO-BAR
PULL-UPS**

140

200FT SHUTTLE RUN
(8 LENGTHS X 25FT EACH)

148

20 BAR MUSCLE-UPS

168

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



45-49, 50-54

600FT SHUTTLE RUN
(24 LENGTHS X 25FT EACH)

24

40 PULL-UPS

64

400FT SHUTTLE RUN
(16 LENGTHS X 25FT EACH)

80

**25 CHEST-TO-BAR
PULL-UPS**

105

200FT SHUTTLE RUN
(8 LENGTHS X 25FT EACH)

113

15 BAR MUSCLE-UPS

128

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT THREE SCORECARD



55-59, 60+, 13-15, SCALED

600FT SHUTTLE RUN
(24 LENGTHS X 25FT EACH)

24

40 PULL-UPS
(SCALED: JUMPING PULL-UPS)

64

400FT SHUTTLE RUN
(16 LENGTHS X 25FT EACH)

80

**20 CHEST-TO-BAR
PULL-UPS**
(SCALED: PULL-UPS)

100

200FT SHUTTLE RUN
(8 LENGTHS X 25FT EACH)

108

10 BAR MUSCLE-UPS
(SCALED: C2B PULL-UPS)

118

TOTAL TIME

:

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____