

WORKOUT FIVE

PRESENTED BY **5.11** 

ON A 7-MIN CLOCK, COMPLETE FOR LOAD OF EACH SNATCH SET:

9 BAR MUSCLE-UPS

9 SQUAT SNATCHES PICK THE LOAD

7 BAR MUSCLE-UPS

7 SQUAT SNATCHES PICK THE LOAD

5 BAR MUSCLE-UPS

5 SQUAT SNATCHES PICK THE LOAD

***SCORE IS THE TOTAL LOAD OF THE 3 BARBELLS**

****THE LOAD MAY ONLY BE ADDED TO YOUR SCORE IF YOU COMPLETE THE RESPECTIVE BARBELL SET**

ELITE/RX, 35-39	INTERMEDIATE /OPEN 13-15, 16-18, 40-44, 45-49	50-54	55+	MODIFIED
On a 7 min Clock, complete for total load:	On a 7 min Clock, complete for total load:	On a 7 min Clock, complete for total load:	On a 7 min Clock, complete for total load:	On a 7 min Clock, complete for total load:
9 Bar Muscle-ups 9 Squat Snatches - Pick the Load	7 Bar Muscle-ups 9 Squat Snatches - Pick the Load	5 Bar Muscle-ups 9 Squat Snatches - Pick the Load	12 Chest-to-Bar 9 Squat Snatches - Pick the Load	21 Jumping Pull-ups 9 Snatches (any style) - Pick the Load
7 Bar Muscle-ups 7 Squat Snatches - Pick the Load	5 Bar Muscle-ups 7 Squat Snatches - Pick the Load	3 Bar Muscle-ups 7 Squat Snatches - Pick the Load	9 Chest-to-Bar 7 Squat Snatches - Pick the Load	15 Jumping Pull-ups 7 Snatches (any style) - Pick the Load
5 Bar Muscle-ups 5 Squat Snatches - Pick the Load	3 Bar Muscle-ups 5 Squat Snatches - Pick the Load	1 Bar Muscle-up 5 Squat Snatches - Pick the Load	6 Chest-to-Bar 5 Squat Snatches - Pick the Load	9 Jumping Pull-ups 5 Snatches (any style) - Pick the Load

WORKOUT FLOW

- The workout begins with the barbell preloaded to your starting squat weight.
- At the start of the clock, complete the required number of gymnastic pulling reps (bar muscle-ups, chest-to-bar, or jumping pull-ups, depending on division).
- Once complete, transition to the barbell to perform the required set of 9 squat snatches.
- Once complete, head back to the pull-up rig to perform the required number of gymnastic pulling reps.
- Once complete, transition to the barbell to perform the required set of 7 squat snatches.
- Once complete, head back to the pull-up rig to perform the required number of gymnastic pulling reps.
- Once complete, transition to the barbell to perform the required set of 5 squat snatches.
- Upon completion of the 5th squat snatch, the workout is complete.
- If an athlete does not complete a set of snatches (either the set of 9, 7, or 5), those reps do not contribute to the athlete's total score.
- Athletes may receive assistance loading and unloading the barbell.

SCORE

The score for this workout is the combined total load lifted over each successful barbell set of snatches within the 7-minute time frame.

EXAMPLE

Set of 9 completed at 135lb, Set of 7 completed at 155lbs, and Set of 5 completed at 190lbs, the score would be $135 + 155 + 190 = 480$.

TIEBREAK

The tiebreak time is the total time taken to complete the workout. If the workout is not finished before the time cap, the tiebreak will be the time recorded after the last full set of snatches.

MOVEMENT STANDARDS

BAR MUSCLE UP

- Begin with the arms fully extended and feet off the ground.
- The rep is completed and credited when the arms are fully locked out while the athlete is in the support position above the bar, and the shoulders are over or in front of the bar.
- Kipping the muscle-up is acceptable
 - 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.
- Only the hands and no other part of the arms may touch the pull-up bar to assist the athlete in completing the rep.

CHEST TO BAR PULL-UPS

- Begins with the arms fully extended and feet off the ground.
- The rep is completed and credited when the chest clearly comes into contact with the bar at or below the collarbone.
- During the movement, any style grip is permitted.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

JUMPING PULL UP (MODIFIED)

- Begin underneath the rig, arms fully extended while holding the pull-up bar.
- The rep is completed and credited when the chin clearly comes above the pull-up bar.
- During the movement, any style grip is permitted.
- Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.
- Measuring position for the jumping pull-up;
 - While standing underneath a pull-up bar, the bar must be at least 6 inches (15 cm) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the head and the bar.

SQUAT SNATCH

- Begin with the bar on the ground and collars on the outside of the plate.
- The rep is completed and credited when the barbell is supported overhead, with the hips, knees, and arms clearly extended, and the barbell clearly directly over or slightly behind the middle of the body, with the feet in line.
- Athletes must receive the bar in a full squat with the crease of the hip clearly below the top of the knee.
- A power snatch followed by an overhead squat is NOT permitted.
- No part of the body other than the feet may touch the ground.

SNATCH (MODIFIED)

- Begin with the bar on the ground and collars on the outside of the plate.
- The rep is completed and credited when the barbell is supported overhead, with the hips, knees, and arms clearly extended, and the barbell clearly directly over or slightly behind the middle of the body with the feet in line.
- Athletes may choose to do a muscle snatch, power snatch, squat snatch, or split snatch.
 - Both feet must return and be in line under the athlete's body while the barbell is supported in the overhead position.
- No part of the body other than the feet may touch the ground.

EQUIPMENT

- Standard Barbell
 - Men 45lb or 20kg / Women 35lb or 15kg
- Standard bumper plates
- Collars
- Pull-up bar

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece BEFORE the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

KILOGRAMS (KG)	.5	1	1.5	2	2.5	5	10	15	20	25
POUNDS (LB)	1.1	2.2	3.3	4.4	5.5	11	22	35	45	55

The official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up, round up; .4 and below, round down).

- 200.1 to 200.4 lb rounds down to 200 lb
- 200.5 to 200.9 lb rounds up to 201 lb

Any weight increase with change plates must result in a whole number (no decimal points). Collars cannot be included in the weight.

CALCULATING TOTAL LOAD	
EXAMPLE 1	EXAMPLE 2
Barbell is 20 kg = 45 lb Two 45 lb plates = 90 lb TOTAL = 135 lb Enter 135 lb on the scorecard	Barbell is 15 kg = 35 lb Two 20 kg plates = 90 lb Two 0.5 kg plates = 2.2 lb TOTAL = 127.2 lb 127.2 lb rounds down to 127 lb Enter 127 lb on the scorecard

Be sure the athlete has adequate space to safely complete all movements.

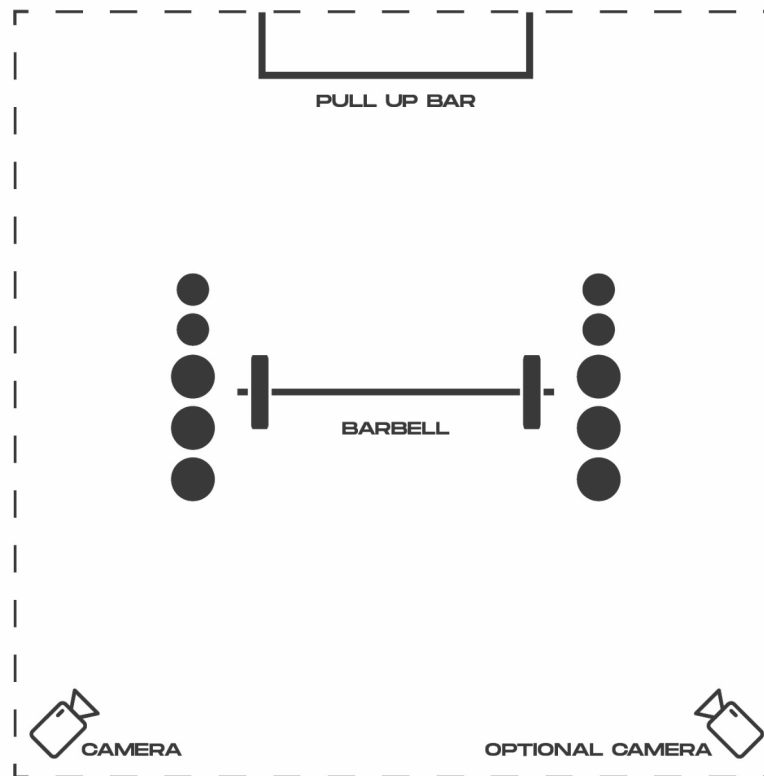
Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

Unless otherwise stated, athletes may not receive assistance with their equipment during the workout

FILMING STANDARDS

- *Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.*
- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or 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 display the performance accurately.
- A clock or timer is required to be visible throughout the entire workout..
- Shoot the video so all exercises can be seen clearly, meeting the movement standards.
- Videos shot with a fisheye lens or a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video



ELITE/RX, 35-39

9 BAR MUSCLE-UPS		9 SQUAT SNATCHES	LOAD	TIE BREAK TIME
7 BAR MUSCLE-UPS		7 SQUAT SNATCHES	LOAD	TIE BREAK TIME
5 BAR MUSCLE-UPS		5 SQUAT SNATCHES	LOAD	TIE BREAK TIME
SCORE: TOTAL LIFTED				
	LOAD OF 9 SQ SNATCHES	LOAD OF 7 SQ SNATCHES	LOAD OF 5 SQ SNATCHES	TOTAL OF ALL 3
TIE BREAK				

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

SCAN TO SUBMIT YOUR SCORE

JUDGE NAME



INTERMEDIATE/OPEN, 13-15, 16-18, 40-44, 45-49

7 BAR MUSCLE-UPS		9 SQUAT SNATCHES	LOAD	TIE BREAK TIME
5 BAR MUSCLE-UPS		7 SQUAT SNATCHES	LOAD	TIE BREAK TIME
3 BAR MUSCLE-UPS		5 SQUAT SNATCHES	LOAD	TIE BREAK TIME
SCORE: TOTAL LIFTED				
	LOAD OF 9 SQ SNATCHES	LOAD OF 7 SQ SNATCHES	LOAD OF 5 SQ SNATCHES	TOTAL OF ALL 3
TIE BREAK				

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



50-54

5 BAR MUSCLE-UPS		9 SQUAT SNATCHES	LOAD	TIE BREAK TIME
3 BAR MUSCLE-UPS		7 SQUAT SNATCHES	LOAD	TIE BREAK TIME
1 BAR MUSCLE-UPS		5 SQUAT SNATCHES	LOAD	TIE BREAK TIME
SCORE: TOTAL LIFTED				
	LOAD OF 9 SQ SNATCHES	LOAD OF 7 SQ SNATCHES	LOAD OF 5 SQ SNATCHES	TOTAL OF ALL 3
TIE BREAK				

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

SCAN TO SUBMIT YOUR SCORE

JUDGE NAME



55+

12 CHEST TO BAR PULL-UPS		9 SQUAT SNATCHES	LOAD	TIE BREAK TIME
9 CHEST TO BAR PULL-UPS		7 SQUAT SNATCHES	LOAD	TIE BREAK TIME
6 CHEST TO BAR PULL-UPS		5 SQUAT SNATCHES	LOAD	TIE BREAK TIME
SCORE: TOTAL LIFTED				
	LOAD OF 9 SQ SNATCHES	LOAD OF 7 SQ SNATCHES	LOAD OF 5 SQ SNATCHES	TOTAL OF ALL 3
TIE BREAK				

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

SCAN TO SUBMIT YOUR SCORE

JUDGE NAME



MODIFIED

21 JUMPING PULL-UPS		9 SNATCHES (ANY STYLE)	LOAD	TIE BREAK TIME
15 JUMPING PULL-UPS		7 SNATCHES (ANY STYLE)	LOAD	TIE BREAK TIME
9 JUMPING PULL-UPS		5 SNATCHES (ANY STYLE)	LOAD	TIE BREAK TIME
SCORE: TOTAL LIFTED				
	LOAD OF 9 SNATCHES	LOAD OF 7 SNATCHES	LOAD OF 5 SNATCHES	TOTAL OF ALL 3
TIE BREAK				

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

SCAN TO SUBMIT YOUR SCORE

JUDGE NAME



SUBMISSION CHECKLIST

- ☐ Is your score correctly inputted in Competition Corner?
- ☐ Did you submit your score before **Monday, October 20th @ 8:00pm ET?**
- ☐ Is your video playable, publicly viewable, and free of copyright issues?
- ☐ Did you show/state your name, division & workout being performed?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in the video?
- ☐ Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- ☐ Is your video clear of obstructions?
- ☐ Are you submitting the correct video for this specific workout?